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United States
Department of
Agriculture

Human
Nutrition
Information
Service

Agriculture
Handbook
Number 8-13

Composition of Foods:

Beef Products

- Raw
- Processed
- Prepared

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Agriculture Handbook No. 8 Series

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8-2	Spices and Herbs	1977	43
8-3	Baby Foods	1978	217
8-4	Fats and Oils	1979	128
8-5	Poultry Products	1979	304
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* Does not include items added in annual supplement.

Supplements	Year issued	New and revised items
1989 Supplement	1990	96
1990 Supplement	In Preparation	

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By Nutrition Monitoring Division

**Principal Investigators:
Barbara A. Anderson
I. Margaret Hoke**

Revised May 1990

Preface

Revising the major nutrient tables issued by the U.S. Department of Agriculture is necessary to provide current nutrient information on foods. The revision of the 1963 edition [illegible] Agriculture Handbook No. 8 is being issued in sections to expedite the release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products. This section on Beef Products, AH-8-13, published in 1986, is revised and reissued.

To facilitate continuous, rapid updating, each section of the handbook is being prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item given on the basis of 100-grams of food in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased. This format permits a concise presentation of the data and a comparison of values from one unit of measure to another.

The annual supplements to AH-8 will include any new data that become available on beef products as well as on items covered in other sections of "Composition of Foods." Supplements will be issued as looseleaf pages of both new and updated data to insert in AH-8 sections.

The scope of the nutrient listing is similar to that of the 1986 edition of the Beef Products section. Values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 9 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese), 9 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B-6, folate, vitamin B-12, and vitamin A), individual fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. Our goal is for the revised and enlarged compilation of data to meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

Acknowledgments

The principal investigators gratefully acknowledge the contributions of the following staff members of the Human Nutrition Information Service: Ruth H. Matthews for her advice and encouragement; the Survey Statistics Branch for computer programming and systems operations; Joanne Rosenthal Levine and Alice Moscatelli for preparing camera copy; and Gerald Smith and Carol Nathan of the Public Affairs Staff for editorial assistance. Special acknowledgment is given to Patty Duchesne, Cecile La Grenade, Yolanda Nokuri, Venus Seleme, and other students of the University of Maryland who provided technical assistance.

Gratitude is also expressed to the individuals in government agencies, academic institutions, and private industry who supplied data and information used in this project.

Foreword

Agriculture Handbook No. 8 represents a traditional function of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States began nearly a century ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in the USDA. In 1896, the now-classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and scientists working in health-related fields depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." This revision of Agriculture Handbook No. 8 will, in its turn, also be replaced. The task of deriving representative nutrient values of foods is a historical responsibility of USDA. This task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.

Robert L Rizek

Robert L. Rizek, Director
Nutrition Monitoring Division
Human Nutrition Information Service

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Composition of Foods:

Beef Products

- Raw
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This is the revision of the thirteenth section of Agriculture Handbook No. 8, "Composition of Foods: Beef Products; Raw, Processed, Prepared" (16),[1] which was previously issued in 1986. This section of the handbook serves as a basic reference on nutrients in beef products. The table was prepared with computer assistance by using the facilities of the Nutrient Data Bank (NDB) (6).

Data are presented for 367 beef products. For most retail cuts, nutritive values are presented for cuts trimmed to 1/4-inch and 0-inch fat cover. Values presented for retail cuts in the 1986 edition represented cuts trimmed to a maximum of 1/2-inch fat cover. Many of the data for nutrients other than moisture and total lipid for the retail cuts were obtained from studies conducted since 1977. Most of the data for moisture, total lipid, and physical composition of retail cuts are from research conducted since 1987. The nutrient data for cured products were obtained primarily from analyses conducted since 1973 for nutritional labeling.

The nutrient values in this revision supersede data for these specific foods given in the 1963 and 1986 editions (16, 19).

Sources of Data

The data used here were obtained from both published sources and private communications. Published sources consist of the scientific and technical literature, special bulletins, research reports, and other documents containing data or other relevant material. Sources of unpublished data include industry, government agencies, and academic institutions.

Laboratory research on beef, carried out under the sponsorship of USDA's Agricultural Research Service (ARS), supplied a large portion of the information on cooking yields and content of proximate constituents, minerals, vitamins, and lipids of the retail cuts. This research was conducted by two ARS laboratories (the Meat Science Research Laboratory of the Animal Science Institute and the Nutrient Composition Laboratory of the Beltsville Human Nutrition Research Center), the University of Kentucky, and Michigan State University. The National Live Stock and Meat Board also assisted in developing the project plan, retail cut fabrication, and cooking procedures for the research. Information on market proportions, physical composition, moisture, and total lipid contents of many of the retail cuts was obtained from research conducted by Texas A&M University.

Additional laboratory research sponsored by the Human Nutrition Information Service provided much of the information on variety meats and part of the nutrient composition and yield information on ground beef and some retail cuts.

Explanation of Table

Format

Foods in the table are divided into five major sections: carcass, retail cuts, ground beef, variety meats and byproducts, and cured products. For most cuts, nutrient values are presented for three USDA quality grades: Choice, Select, and Prime, and for "all grades," which is a combination of these grades weighted by their market proportions. Select grade is the new name for the former "Good" grade beef. Within each section, foods are arranged alphabetically. The retail cut section is further divided by primal carcass cut. A guide with the names of the products and the NDB and page numbers precedes the table. Nutritive values for the edible portion consisting of separable lean and fat of raw cuts trimmed to 0-inch fat cover are not given for most cuts because the data were not available. Except for the composites of retail cuts, no table pages are presented for raw separable lean. Nutritive values per 100 grams of the raw separable lean and the physical composition of the raw cut with refuse trimmed to 1/4-inch fat cover, are given in the appendix tables A3, A4, A5, A6, and A7. Although values for cuts trimmed to 1/2-inch fat cover are not given in this edition, the data are available on machine-readable tapes. Only the major Prime grade retail cuts are included here. Values for all the Prime grade cuts in the 1986 edition (16) are also included on the tapes. Cured products that can be considered sausages and luncheon meats will be given in future revisions of Agriculture Handbook No. 8-7 (15).

The five-digit NDB number in the lower right corner of each page is used for computer access to the data in the NDB and on machine-readable tapes of the data. The first two digits designate the section, or major food group, and the last three digits indicate the specific food. In general, the NDB numbers for meat cuts trimmed to 1/4-inch fat cover, ground beef, variety meats, and cured products, are the same as 1/2-inch trim cuts in the 1986 revision. With few exceptions, the NDB numbers for meat cuts trimmed to 0-inch fat cover are consecutive starting at No. 13361. Each page is dated by year of preparation. When the table is updated or expanded, new pages will be issued as an annual supplement with instructions for insertion. The supplement may include new pages containing data for new food items, replacement pages containing updated data for food items previously included in sections of AH-8, and/or appendix tables to add missing or new nutrient data (18).

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[1] Underlined numbers in parentheses refer to Literature Cited, p. 7.

Weights and Measures

The data in the table are shown as the amount of each constituent in 100 grams of edible portion in column B; in the edible portion of two household measures or market units of most food items in columns E and F; and in the edible portion of 1 pound (453.6 grams) of food as purchased in column G. The term "edible portion" refers to the part of the food customarily considered edible in the United States.

The measures and weights for which nutrient values are shown appear above columns E and F. The weights in grams given above these columns do not include the weight of the inedible material for those foods that contain refuse. Abbreviations are listed in the appendix. The market units selected were commonly used at the time of publication.

Column B contains the mean nutrient value. Column C contains the standard error given to three decimal places. Column D contains the number of observations on which the values in columns B and C are based. For many food items, mean values are given without an accompanying standard error and number of samples. These values either are calculated by pooling data for all grades, are weighted means or are calculated from nutrient data for a similar form of the food, or by applying retention and yield data to derive values for some cooked foods. For a few items, some values were imputed from a different, closely related food. Footnotes indicate that such values were imputed.

The decimal places shown are similar to those in the most recently published handbook section on meat products (17). Appropriate relationships among the different weights of a food item were preserved by using the same number of decimal places for data on the 100-gram basis and for data in other units of measure. The number of decimal places does not necessarily reflect the accuracy of the data.

Values in columns E, F, and G were calculated from the data in column B on the 100-gram basis given to three decimal places. Because of rounding, a nutrient value may appear as a zero in the 100-gram column even though a value greater than zero appears in the household-measure or pound-as-purchased columns.

With certain exceptions, the weights above columns E and F for the raw retail cuts in the table represent either 1 pound (453.6 grams) of the edible portion of the raw food, 1 ounce of the edible portion of the raw food, or the edible yield from one as-purchased raw 1.0-inch-thick steak.

For the cooked beef items, the weights above column E represent 85 g (3 oz) of the cooked edible portion, and most of the measures and weights above column F represent the yield of cooked edible portion from 1 pound as purchased of raw product, or a raw 1.0-inch-thick steak.

Amounts and descriptions of material removed during preparation of the food are shown above column G after the heading "Refuse." These amounts are expressed as the percentage of the total weight of the item as purchased and are used in computing the values for the edible portion from 1 pound (453.6 grams). For cuts containing bone, any connective tissue present is included in the value given for bone. The separable fat is not shown as refuse if the meat is described as separable lean and fat. For a boneless cut, the refuse values above column G are for connective tissue or connective tissue plus separable fat. These values have been rounded to whole numbers except when the refuse was between 0 and 0.5 percent. In these instances, the refuse value is rounded to one decimal. The fat trim level specified in the title of each cut is the degree to which the cut is trimmed prior to sale. For the carcass, the as-purchased item is the whole-dressed carcass with kidneys, hanging tender, and kidney, pelvic, and heart fat considered refuse. For the composite of trimmed retail cuts, the as-purchased item is a combination of each of the retail cuts weighted for the proportion of each in the market.

For raw foods, the item as purchased in column G is raw; for cooked foods, the values in column G are the amounts in the edible portion from 1 pound of cooked food with refuse. For example, for raw Choice grade chuck arm pot roast, the pound as-purchased item would be 453.6 grams of raw chuck arm pot roast. For braised Choice grade chuck arm pot roast, the pound as-purchased item in column G would be 453.6 grams of braised chuck arm pot roast. The edible portion of 453.6 grams of raw Choice grade chuck arm pot roast trimmed to 1/4-inch fat (NDB No. 13035), which as ordinarily purchased is 15 percent refuse (bone) and 85 percent edible, is 385.5 grams (0.85 x 453.6 grams). The factor 3.855 is applied to the 100-gram data to obtain the nutrient values in column G. The edible portion of braised Choice grade chuck arm pot roast trimmed to 1/4-inch fat (NDB No. 13036), which as purchased is 19 percent refuse (bone) and 81 percent edible, is 367.4 grams (0.81 x 453.6 grams). The factor 3.674 is applied to the 100-gram data to obtain column G nutrient values.

The percentage yield of cooked edible food from the corresponding raw food with refuse can be determined from column F for the cooked food which gives the cooked weight of the edible portion from 1 pound of raw food with refuse. For the Choice grade chuck arm pot roast trimmed to 1/4-inch fat, (NDB No. 13036), the yield of braised edible portion consisting of separable lean and fat from 1 pound of the raw, as-purchased chuck arm is 57 percent, (257 grams/453.6 grams) x 100. For separable lean only (NDB No. 13044), the yield is 41 percent, (187 grams/453.6 grams) x 100.

For the Choice grade chuck arm pot roast, trimmed to 0-inch fat (NDB No. 13374), the yield of braised separable lean and fat from 1 pound of the raw, as-purchased chuck arm is 55 percent, (249 grams/453.6 grams) x 100. For separable lean only (NDB No. 13377), the yield is 46 percent, (207 grams/453.6 grams) x 100.

A yield table for cooked cuts of beef is given in appendix table A8. The values shown for cooked yields of separable lean and fat and separable lean only in the appendix are values calculated from raw and cooked weights of edible tissues from 1/2-inch trim cuts. They are estimates of cooking yield for those cut portions when the raw food only consists of those portions. For example, the cooking yield of separable lean only presumes that the raw product consisted of only separable lean tissue.

Nutrients

Proximate components.—Data for water are given in the table as grams in 100 grams in the edible portion of the food. Food energy is expressed in terms of both kilocalories and kilojoules. (One kilocalorie equals 4.184 kilojoules.) The data are for physiologic energy value remaining after losses in digestion and metabolism have been deducted. The specific calorie factors used in this publication for calculating energy values are:

	kcal/g
Protein	4.27
Fat	9.02
Carbohydrate	3.87 4.11

The carbohydrate factor of 3.87 is used for some organ meats and some cured products. The factor of 4.11 is used for tongue. The factors are based on the Atwater system for determining energy values. Details of the derivation of these factors are outlined in Agriculture Handbook No. 74 (10). Because the level of carbohydrate in separable lean and separable fat is insignificant, no carbohydrate factor is needed for these products.

Protein.—The values for protein were calculated from the content of total nitrogen (N) in the food using the conversion factor recommended by Jones (8). The specific factor applied to each food item, 6.25, is shown in the stub of the table following protein.

Total lipid (fat).—Total lipid content of most foods was determined using extraction methods employing ether or a mixed solvent system consisting of chloroform and methanol.

Carbohydrates.—The carbohydrate content of uncured products (except some organ meats) consisting entirely of beef is negligible. For such foods, the carbohydrate content was assigned a zero value. The sum of the percentages of water, protein, total lipid, and ash does not necessarily equal 100 percent for those foods showing zero carbohydrate because the amounts of each of these constituents were determined independently.

For heart, liver, kidney, tongue, and cured products (foods expected to contain carbohydrate), the carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, total lipid, and ash. If the total of these constituents for any item was more than 100 due to analytical variation, a zero carbohydrate content was assigned.

Minerals.—Data on nine mineral elements are included in the table. Most of the mineral data were determined by atomic absorption or emission spectroscopy. The values represent the total amount of each mineral present in the edible portion of the food and include any amounts added to the product in preparation for the retail market. They are not necessarily the amounts available to the body.

Vitamins.—The ascorbic acid content of the retail cuts was assigned a zero value because its content is negligible. Most ascorbic acid values for the cured products, variety meats, and byproducts are expressed in terms of reduced ascorbic acid.

Most of the data for thiamin were determined by the fluorometric thiochrome procedure. Riboflavin and niacin data were obtained both chemically and microbiologically. The values for niacin do not include the niacin that could be derived from tryptophan, a niacin precursor. Only preformed niacin is reported in the table. The sum of the preformed niacin and the amount that could be derived from tryptophan is called "niacin equivalent." In estimating the amount of niacin equivalent available from foods, 60 mg of tryptophan is considered equivalent to 1 mg of niacin (12).

Pantothenic acid, vitamin B-6, folate, and vitamin B-12 were determined microbiologically. Values shown for folate are for total folate activity.

Except for liver, values for vitamin A are for chemically determined preformed vitamin A. Vitamin A values for liver include preformed vitamin A and beta-carotene, a vitamin A precursor. Vitamin A is expressed both in international units (IU) and in retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene; one RE is equivalent to 1 mcg of retinol or 6 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Vitamin E is present in meat in low amounts, primarily as alpha-tocopherol. The mean (standard error and number of samples) for beef separable lean was 0.13 (0.007 and 316) mg/100 grams for raw and 0.14 (0.010 and 151) mg/100 grams for cooked. The mean (standard error and number of samples) for separable fat was 0.40 (0.019 and 12) mg/100 grams for raw and 0.46 (0.065 and 6) mg/100 grams for cooked. Values for individual cuts are not presented in the table because there was large variation between cuts and among samples of a cut (3).

Lipids.—Trivial or scientific names for the fatty acids have not been used because the values for the unsaturated fatty acids include positional and geometric isomers. In the list of fatty acids, the first number is the number of carbon atoms and the second is the number of double bonds in the chain. Only data obtained by gas-liquid chromatographic analyses are included here. The values shown are for the total quantity of each fatty acid in the food and do not represent fatty acid triglycerides. The number of samples refers only to the number of fatty acid observations and no standard error is given.

Much of the fatty acid data from the literature were obtained as weight percent of fatty acid methyl esters. These data were converted to grams of fatty acids per 100 grams of total lipid using the conversion factors given in the appendix table A9. Details of the derivation of lipid conversion factors have been published (1, 2, 20).

Fatty acid data for the retail cuts that were determined by research sponsored by the U.S. Department of Agriculture were obtained as grams of fatty acid triglyceride per 100 grams of food. These values were converted to weight percentage of methyl esters, combined with data from the literature, and then converted to grams of fatty acids per 100 grams of total lipid using conversion factors given in the appendix.

The conversion factors for most of the retail cuts were the mean in grams of total fatty acids per gram of total lipid. In a few instances where data were not available, conversion factors were estimated from those of similar cuts.

The means for the fatty acids per 100 grams of food were obtained by multiplying the mean grams of fatty acids per 100 grams of total lipid by the mean of the proportion of total lipid in the food.

Values for total saturated, monounsaturated, and polyunsaturated fatty acids may exceed the sum of the individual fatty acids listed because they included some fatty acids that were determined but are not reported in this table.

Cholesterol data for the retail cuts, ground beef, and cured products were obtained by gas-liquid chromatographic procedures. Gas-liquid chromatographic or colorimetric methods were used to determine cholesterol in variety meats.

Amino Acids.—The data represent results obtained primarily by ion-exchange chromatography. One amino acid pattern on a per-gram-of-nitrogen basis was developed for the retail cuts of beef. Similarly, amino acid patterns were developed for ground beef, separable fat, mechanically separated beef, and each variety meat. The number of samples in each pattern is given the first time the pattern is used. For the retail cuts and ground beef, these numbers are given with NDB Nos.13001 and 13295, respectively. Amino acid patterns developed for Agriculture Handbook No. 8-7 (15) were used for cured products.

Amino acid contents of each food were calculated from the mean amino acid contents per gram of nitrogen using the protein content and nitrogen factors given in the table for the specific food. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount in a specific quantity of food by the nitrogen content of the same quantity of food.

Notes on Beef Products

Most of the values for water, fat, and physical composition were derived from analyses of retail cuts from 24 Choice and 6 Select quality grade beef carcass sides. These cuts were serially assigned the following treatments and analyzed (1) trimmed to 1/4-inch external fat, raw; (2) trimmed to 1/4-inch external fat and cooked; or (3) trimmed to 0-inch external fat and cooked. Specific details of their fabrication have been described by Jones (9). The cuts were cooked as described below.

The other nutrient values in this report for the retail cuts were derived primarily from analyses conducted on at least one cut each from over 170 carcasses of USDA quality grades Prime, Choice, Select, and Standard. Surface fat on the cuts was trimmed to a maximum thickness of 1/2-inch. The cutting procedures used to fabricate these cuts are given in appendix table A10. Thirteen retail cuts from 11 of these carcasses representing four quality grades were analyzed raw and after cooking by roasting at 325 °F (163 °C) to an internal temperature of 140 °F (60 °C), broiling to an internal temperature of 150 °F (65 °C), or braising to an internal temperature of 185 °F (85 °C) after browning for 8 minutes. Four Choice grade carcasses provided the shortribs, the porterhouse and T-bone steaks, and the steaks that were pan-fried. Eleven additional Choice grade carcasses provided the flank and shank cuts that were analyzed. Flank and shortribs were braised with water for 75 to 90 minutes in an oven at 325 °F (163 °C) after browning for 4 to 8 minutes. Shank crosscuts were browned for 4 minutes, covered with water, and cooked (simmered) in an oven at 325 °F (163 °C) for 2-1/2 hours.

Anatomically matched cuts representing opposite sides of the same carcass were used to develop values for the retention of many of the nutrients for braising, broiling, and roasting. A table of nutrient retention in cooked separable lean of beef is given in appendix table A11. This table also gives the standard error and number of samples for each of the nutrients included in the studies carried out under the sponsorship of the U.S. Department of Agriculture.

These percentage retentions are true retentions (TR) and are calculated as follows:

$$\%TR = 100 \times F \times \frac{Nc \times Wc}{Nr \times Wr}$$

where:

F = ratio of the two raw weights: the raw weight (with refuse) of the cut that was analyzed raw divided by the raw weight (with refuse) of the cut that was analyzed cooked;
Nc = Nutrient content per gram of the cooked food;
Wc = weight in grams of the food after cooking;
Nr = nutrient content per gram of the raw food;
Wr = weight in grams of the food before cooking.

For retentions for separable lean, the grams of food, both raw and after cooking, are weights of separable lean only from the raw and cooked cuts. Data for cooked foods used in calculating retentions did not include the nutrient content of any cooking discard, such as drippings. A comparison of true and apparent retentions for six types of weight changes that occur when food is cooked by different methods has been published (11). Apparent retention is based on nutrient content in moisture-free raw and cooked foods. This measure is not reported here.

Values for fat retention for 0-inch trim meat were derived from chemical fat values predicted by regression analyses. Fat retentions for 1/4-inch trim cuts were based on data from cuts trimmed to 1/4-inch trim and 1/2-inch trim prior to cooking. This was done because it has been shown that fat retentions for 1/4-inch and 1/2-inch trim beef cuts do not differ significantly (5).

Also in the appendix are mean retentions for phosphorus, for which there were less than four samples, and for manganese, for which the values were imputed. These retentions were used to calculate the nutrient content of some cooked food items. No standard error is shown for these values. Retentions of 100 percent were used for zinc and copper for all cooking methods.

With few exceptions, the retention values for nutrients other than total lipid, were derived from data on retail cuts cooked without removing the separable fat. Therefore, data in the table may not be applicable to meat that is cooked after being trimmed of all visible fat. However, pantothenic acid and vitamin B-6 were analyzed in samples of chuck arm and top and bottom round that were trimmed of all visible fat before cooking.

The changes that occur in cooking beef are complex. Solids and moisture are lost from both lean and fat tissue. High retention of fat in the lean could be caused by migration of lipid from the separable fat during cooking. Low retention of nutrients may be attributed to loss into cooking juices or drippings and, if nutrients are labile, to destruction by heat.

Data are limited for certain nutrients in beef products. For raw beef items and unheated cured items, such values are calculated based on known content of the nutrient in the lipid (fatty acids), total solids (cholesterol), moisture-free, fat-free solids (minerals), or protein (water-soluble vitamins) of a similar form of the food.

Analytical data for some nutrients in cooked items are more scarce than data for comparable raw items. Values for such nutrients are computed for cooked separable lean by applying retention and yield values, some of which are shown in the appendix. The nutrient content per 100 grams of raw food is multiplied by the percentage retention, and this product is divided by the percentage yield of cooked food to obtain the content of nutrient per 100 grams of cooked food.

All calculation procedures on raw and cooked cuts comprising more than one type of tissue have allowed for the proportions of tissues as determined by their weights in the cuts. The values for the edible portion comprising separable lean and fat were calculated based on the proportion of each type of tissue in the cut. Nutrient values were carried to three decimal places in these calculations.

For example, the edible portion of braised Choice grade chuck, arm pot roast (NDB No. 13036) consists of 73 percent separable lean (NDB No. 13044) and 27 percent separable fat (NDB No. 13020). These percentages are derived by computing the ratio of lean to fat from the table page pertaining to separable lean only. On any page with data for separable lean only, the percent of separable fat in the as-purchased cut is given in column G. The percent of separable lean of the cut is 100 minus the total refuse. Ratios of lean to fat for the raw cuts can be determined using the raw retail cut tissue proportions given in appendix table A7. For example, the ratio of lean to fat for NDB No. 13036, which is calculated from the column G heading for NDB No. 13044 (braised chuck arm pot roast, separable lean only), is 59 to 22 or on a percentage basis, 73 percent separable lean and 27 percent separable fat. The nutrients in the separable lean were combined with those of the separable fat in these proportions to give the values for the separable lean and fat for NDB No. 13036. The protein content of 100 grams of separable lean and fat of the cooked chuck arm pot roast is 26.98 grams (0.73 x 33.02 grams) + (0.27 x 10.65 grams). When the composition of a cut was calculated in the above manner, the weighted mean nutrient values are shown without standard error or number of samples.

Because the number of samples of most of the cuts from each of the three quality grades (Choice, Select, and Prime) was limited, statistical analysis was performed on the nutrient data to determine if quality grade influenced nutrient composition. Marbling score, which is a measure of the degree of fat striation within the lean of a cut and is directly related to quality grade of beef, was compared to nutrient content. Regression analysis of nutrient content of lean as a function of USDA marbling score indicated there was no significant correlation between quality grade and most nutrients. The only two components that were correlated with grade were total lipid (fat) and water. Therefore, except for fat and water content, nutrient data for all grades were combined, and resulting means were reported for every grade of that cut. Fatty acid content is directly proportional to the fat content and therefore is also affected by quality grade. Mean values for fatty acids were adjusted to the fat content determined by regression.

Water and fat contents were estimated for most of the raw and cooked cuts by grade using regression equations of nutrients and the independent variables, USDA marbling score and yield grade. There are nine degrees of marbling considered in grading beef. They are, in order of descending quantity, abundant, moderately abundant, slightly abundant, moderate, modest, small, slight, traces, and practically devoid. The superscripts used in the marbling score designate the percentage level of marbling within a degree, with 100 being the highest level of marbling within a degree. Yield grade refers to the indicated amount of trimmed, boneless retail cuts to be derived from a carcass. There are five yield grades applicable to all classes of beef, denoted by numbers 1 through 5, with Yield Grade 1 representing the highest degree of major retail cut yield. The average marbling score and yield grade for each quality grade on the market was provided by the USDA Agricultural Marketing Service. These marbling scores were small^{70} for Choice and slight^{60} for Select. The yield grades were 3.2 for Choice grade and 2.8 for Select grade. An average marbling score of small^{20} and an average yield grade of 3.0, based on USDA quality grades Standard through Prime, were used to estimate the "all grades" values for water and fat. The nutrient values for the Prime grade separable lean are those of the previous beef handbook section (16).

The physical composition of many of the raw and cooked retail cuts was estimated by using regression equations of percent tissue as a function of USDA marbling score and carcass yield grade (9). Physical composition of the 1/4-inch trim Prime grade cuts was estimated by reducing the separable fat content of 1/2-inch trim cuts of the previous beef handbook section (16) using proportional relationships derived from its addendum table of physical composition of Prime grade entire subprimal cuts trimmed to various fat levels. For a few cuts (flank, rib-eye, porterhouse steak, T-bone steak, and full cut round), values for physical composition were based on market basket data (14) where the grade was not specified.

Occasionally the lipid contents of the cooked lean of a cut trimmed to 0-inch or 1/4-inch fat trim are similar. This indicates that for the particular cut trimming to 0-inch fat before cooking has little effect on the lipid content of the cooked lean. A page for each cut is included here because the physical composition and amount of edible portion of the cut is affected by trim level.

The values for the Choice and Select grade carcasses were derived by weighting data for each cut by its proportion in the carcass and ground beef. The edible portion of meat and trimmings remaining after the retail cuts were removed was considered to be ground beef. Ground beef made up 35.1 and 33.3 percent of the edible portion of Choice and Select grade carcasses, respectively. Each cut's proportion of the carcass was derived from unpublished research done at Texas A&M University.

The values for the composites of retail cuts were calculated by weighting the data for each cut by its proportion in the market place. Appendix tables A12, A13, and A14 give the contribution of each cut's raw and cooked separable lean and separable lean and fat to the edible portion of the composites.

Nutrient values presented for Choice grade pan-fried top round and sirloin steaks are based on unpublished work by the USDA's Meat Science Research Laboratory. Top round steaks were 0.25-inch thick and sirloin steaks were 1.25 inches thick. Each steak was fried in a preheated skillet at 375 °F (190 °C) with 1 tablespoon of a vegetable oil. Except for protein, total lipid, and water, the values for the pan-fried cuts were calculated using retention values for broiling. A comparison of fat contents per 100 grams for dry-heat cooking (with no added fat) with that of pan-fried cuts indicated that approximately 2 grams of the total lipid of the separable lean was contributed by the cooking oil. The fatty acid pattern was derived based on this contribution, with the assumption that no cooking oil was absorbed by the separable fat. The pattern for unhydrogenated soybean oil was used in the derivation.

Nutrient values are presented for raw ground beef of three fat levels: extra lean, lean, and regular. These designations were chosen based on results of a study of the composition of retail ground beef from a nationwide sampling (7). The extra lean ground beef includes data for ground round and ground sirloin; lean ground beef includes data for ground chuck; and regular ground beef includes data for ground beef, unspecified.

None of the ground beef products in the table contain extenders. According to Federal regulations, ground beef has no added water, phosphates, binders, or extenders, and shall not contain more than 30 percent fat (4). Values are given for each type of ground beef cooked by either broiling, baking, or pan-frying to two degrees of doneness--medium and well done. Data are also presented for raw ground beef patties sold frozen and after broiling to medium doneness. The cooked ground beef values were calculated from the raw values primarily using retention data published by Ono et al. (13). Fat retentions and cooking yields varied with the fat content of the raw ground beef, the degree of doneness, and the cooking method. The fat retention and cooking yield of each cooked ground beef item was estimated using the regression equations given in appendix table A15.

Except for data for liver, the only changes in ground beef, variety meats, and cured brisket are column F headings and footnotes for the cooked items.

Several of the variety meats and byproducts, such as lungs and spleen, are not commonly sold in this country but may be eaten if animals are raised for personal consumption. Pan-fried brain and liver were cooked with a vegetable shortening consisting of hydrogenated soybean and cottonseed oil.

Values for mechanically separated beef are derived only from samples that comply with Federal regulations for this item. The regulations specify a maximum calcium content of 0.75 percent, a minimum protein content of 14.0 percent, and a maximum fat content of 30 percent (4).

Many cured products are fully cooked as purchased. They may be eaten without further cooking, or they may be reheated before eating. A cured product in the table which cannot be eaten without further cooking because it is only partially cooked as sold is designated as "raw." Breakfast strips are a product with a shape similar to sliced bacon and are made of cured chopped beef and fat. This item may be sold partially or fully cooked.

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Appendix

Table A1. List of Abbreviations

c	cup
g	gram
in	inch
IU	international unit
kcal	kilocalorie
kJ	kilojoule
lb	pound
mcg	microgram
mg	milligram
N	nitrogen
NDB	Nutrient Data Bank
net wt	net weight
No	number
oz	ounce
pkg	package
RE	retinol equivalent
tbsp	tablespoon

Table A2. Metric System Equivalents for Units of Measure

	Units of Measure	Metric system equivalents
Length	1 inch	2.54 centimeters; 25.4 millimeters
Volume	1 tablespoon	15 milliliters
	1 cup	237 milliliters
Weight	1 ounce	28.35 grams
	1 pound (16 ounces)	453.6 grams

Table A3. Composition of Raw Separable Lean of Retail Cuts: All Grades[1,2]

Nutrients	Units	Cut and NDB No.								
		Brisket, whole 13023			Brisket, flat-half 13027			Brisket, point-half 13031		
		Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples
		per 100 g separable lean								
PROXIMATE:										
Water	g	70.29			70.70			69.90		
Food energy	kcal	155			148			162		
Protein	g	20.72			21.45	0.243	11	20.01	0.445	10
Total lipid	g	7.37			6.20			8.50		
Ash	g	1.02			1.08	0.023	9	0.96	0.023	11
MINERALS:										
Calcium	mg	5			5	0.229	9	5	0.270	11
Iron	mg	1.92			1.91	0.108	9	1.93	0.122	11
Magnesium	mg	23			24	0.661	9	22	0.569	11
Phosphorus	mg	201			212			191		
Potassium	mg	330			348	11.065	9	313	7.891	11
Sodium	mg	79			74	7.922	9	83	7.707	11
Zinc	mg	4.32			3.55	0.253	8	5.05	0.318	8
Copper	mg	0.080			0.078	0.005	8	0.081	0.003	8
Manganese	mg	0.014			0.014			0.014		
VITAMINS:										
Thiamin	mg	0.10			0.10	0.006	11	0.09	0.009	10
Riboflavin	mg	0.17			0.18	0.012	7	0.17	0.013	9
Niacin	mg	3.94			4.35	0.285	11	3.55	0.194	10
Pantothenic acid	mg	0.35			0.36			0.34		
Vitamin B-6	mg	0.43			0.44			0.41		
Folate	mcg	7			7	0.756	11	7	0.866	10
Vitamin B-12	mcg	2.43			2.42	0.410	11	2.43	0.326	10
LIPIDS:										
Fatty acids:										
Saturated, total	g	2.60			1.99			3.17		
10:0	g	0.01			0.00		7	0.01		8
12:0	g	0.01			0.00		7	0.01		8
14:0	g	0.22			0.15		7	0.28		8
16:0	g	1.63			1.24		7	2.01		8
18:0	g	0.73			0.60		7	0.86		8
Monounsaturated, total	g	3.46			2.71			4.18		
16:1	g	0.35			0.27		7	0.43		8
18:1	g	3.10			2.45		7	3.74		8
20:1	g	0.01			0.01		7	0.01		8
Polyunsaturated, total	g	0.23			0.23			0.23		
18:2	g	0.18			0.18		7	0.18		8
18:3	g	0.02			0.01		7	0.02		8
20:4	g	0.03			0.04		7	0.03		8
Cholesterol	mg	62			59	1.093	8	64	2.537	8

Continued

Table A3. Composition of Raw Separable Lean of Retail Cuts: All Grades--Con.[1,2]

Nutrients	Units	Cut and NDB No.								
		Chuck, arm 13041			Chuck, blade 13057			Flank 13068		
		Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples
		per 100 g separable lean								
PROXIMATE:										
Water	g	72.90			70.80			71.20	1.054	17
Food energy	kcal	130			149			154		
Protein	g	21.26	0.247	24	19.25	0.217	39	20.31	0.415	17
Total lipid	g	4.40			7.40			7.44	0.502	22
Ash	g	1.05	0.017	19	0.95	0.020	26	1.53	0.098	7
MINERALS:										
Calcium	mg	6	0.552	10	10	0.707	10	5		
Iron	mg	2.47	0.065	47	2.34	0.043	38	2.03		
Magnesium	mg	24	0.445	19	20	0.270	38	21		
Phosphorus	mg	202	6.002	9	184	3.304	28	197		
Potassium	mg	372	4.447	71	319	5.627	38	365		1
Sodium	mg	67	3.255	35	77	1.877	38	73		1
Zinc	mg	4.85	0.152	18	5.91	0.129	36	3.60		1
Copper	mg	0.094	0.004	17	0.082	0.002	36	0.074		
Manganese	mg	0.014			0.014			0.014		
VITAMINS:										
Thiamin	mg	0.13	0.007	23	0.11	0.004	39	0.11	0.009	7
Riboflavin	mg	0.21	0.007	22	0.19	0.005	37	0.16	0.012	7
Niacin	mg	3.73	0.243	23	2.36	0.113	39	4.72	0.259	7
Pantothenic acid	mg	0.35	0.027	4	0.32		1	0.33		
Vitamin B-6	mg	0.44	0.027	4	0.40		1	0.43	0.052	7
Folate	mcg	8	1.244	14	6	1.104	11	7		
Vitamin B-12	mcg	3.48	0.298	23	3.85	0.198	38	3.05		
LIPIDS:										
Fatty acids:										
Saturated, total	g	1.59			2.78			3.21		
10:0	g	0.00		18	0.00		35	0.01		1
12:0	g	0.00		20	0.01		35	0.01		1
14:0	g	0.11		59	0.20		36	0.21		2
16:0	g	0.97		59	1.65		36	1.99		2
18:0	g	0.52		59	0.92		36	0.87		2
Monounsaturated, total	g	1.66			3.29			3.00		
16:1	g	0.16		59	0.27		36	0.25		2
18:1	g	1.50		59	3.01		36	2.66		2
20:1	g	0.00		13	0.01		29	0.01		
Polyunsaturated, total	g	0.22			0.28			0.29		
18:2	g	0.18		57	0.23		36	0.18		2
18:3	g	0.02		24	0.02		36	0.07		2
20:4	g	0.03		22	0.03		36	0.04		2
Cholesterol	mg	60	1.522	18	65	0.789	34	50	4.873	7

Continued

Table A3. Composition of Raw Separable Lean of Retail Cuts: All Grades--Con.[1,2]

		Cut and NDB No.								
		Rib, whole 13083			Rib, large end 13111			Rib, small end 13135		
Nutrients	Units	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples
		per 100 g separable lean								
PROXIMATE:										
Water	g	69.13			68.90			69.50		
Food energy	kcal	160			165			152		
Protein	g	19.83			19.63	0.200	42	20.13	0.186	100
Total lipid	g	8.34			9.00			7.30		
Ash	g	0.98			0.96	0.012	28	1.01	0.016	23
MINERALS:										
Calcium	mg	8			7	0.830	10	10	0.912	10
Iron	mg	2.14			2.11	0.051	37	2.18	0.046	65
Magnesium	mg	21			21	0.320	38	22	0.270	37
Phosphorus	mg	191			188	3.352	28	196	3.293	27
Potassium	mg	353			341	6.803	38	373	8.242	37
Sodium	mg	65			66	2.043	38	63	1.607	37
Zinc	mg	4.81			4.90	0.100	35	4.66	0.077	36
Copper	mg	0.069			0.070	0.001	35	0.067	0.002	34
Manganese	mg	0.014			0.014			0.014		
VITAMINS:										
Thiamin	mg	0.09			0.09	0.003	41	0.09	0.003	38
Riboflavin	mg	0.17			0.16	0.003	39	0.15	0.005	35
Niacin	mg	3.35			3.10	0.147	41	3.74	0.183	38
Pantothenic acid	mg	0.38			0.40	0.044	4	0.34		
Vitamin B-6	mg	0.37			0.34	0.009	4	0.42		
Folate	mcg	6			6	0.327	14	6	0.678	14
Vitamin B-12	mcg	3.36			3.23	0.167	41	3.57	0.223	38
LIPIDS:										
Fatty acids:										
Saturated, total	g	3.35			3.67			2.84		
10:0	g	0.01			0.01		43	0.00		35
12:0	g	0.01			0.01		43	0.00		35
14:0	g	0.25			0.27		79	0.21		40
16:0	g	2.00			2.20		79	1.70		40
18:0	g	1.10			1.20		79	0.93		40
Monounsaturated, total	g	3.42			3.61			3.13		
16:1	g	0.31			0.35		79	0.25		40
18:1	g	3.10			3.25		79	2.87		40
20:1	g	0.01			0.01		29	0.01		29
Polyunsaturated, total	g	0.30			0.34			0.24		
18:2	g	0.25			0.27		79	0.21		40
18:3	g	0.02			0.03		43	0.01		35
20:4	g	0.03			0.04		39	0.02		35
Cholesterol	mg	59			59	0.881	37	59	0.712	33

Continued

Table A3. Composition of Raw Separable Lean of Retail Cuts: All Grades--Con.[1,2]

Nutrients	Units	Cut and NDB No.								
		Shortribs 13149			Round, full cut 13155			Round, bottom 13167		
		Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples
		per 100 g separable lean								
PROXIMATE:										
Water	g	69.38	1.133	4	70.83			70.00		
Food energy	kcal	173			138			144		
Protein	g	19.05	0.299	4	22.03			21.87	0.328	26
Total lipid	g	10.19	1.425	4	4.89			5.60		
Ash	g	0.98			1.07			1.03	0.021	19
MINERALS:										
Calcium	mg	8			4			4	0.172	10
Iron	mg	2.16			2.14			2.38	0.093	48
Magnesium	mg	22			25			25	0.409	20
Phosphorus	mg	190			215			214	4.619	10
Potassium	mg	357			375			371	3.571	72
Sodium	mg	65			57			59	1.791	36
Zinc	mg	4.78			3.51			3.51	0.114	19
Copper	mg	0.069			0.080			0.083	0.003	17
Manganese	mg	0.014			0.014			0.014		
VITAMINS:										
Thiamin	mg	0.09			0.11			0.12	0.004	25
Riboflavin	mg	0.15			0.19			0.20	0.006	23
Niacin	mg	3.41			4.02			4.13	0.169	25
Pantothenic acid	mg	0.32			0.39			0.44	0.045	4
Vitamin B-6	mg	0.39			0.51			0.57	0.025	4
Folate	mcg	6			[illegible]			10	1.034	19
Vitamin B-12	mcg	3.39			[illegible]			2.93	0.230	23
LIPIDS:										
Fatty acids:										
Saturated, total	g	4.33			1.67			1.91		
10:0	g	0.01			0.00			0.00		21
12:0	g	0.01			0.00			0.00		23
14:0	g	0.31			0.12			0.14		23
16:0	g	2.45			1.06			1.25		23
18:0	g	1.34			0.50			0.52		22
Monounsaturated, total	g	4.38			2.10			2.54		
16:1	g	0.38			0.21			0.29		23
18:1	g	3.79			1.86			2.24		23
20:1	g	0.01			0.01			0.01		11
Polyunsaturated, total	g	0.38			0.21			0.22		
18:2	g	0.30			0.17			0.17		21
18:3	g	0.03			0.01			0.01		17
20:4	g	0.04			0.03			0.04		16
Cholesterol	mg	59			58			59	1.426	16

Continued

Table A3. Composition of Raw Separable Lean of Retail Cuts: All Grades--Con.[1,2]

Nutrients	Units	Cut and NDB No.								
		Round, eye 13183			Round, tip 13199			Round, top 13216		
		Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples
		per 100 g separable lean								
PROXIMATE:										
Water	g	71.30			72.20			71.20		
Food energy	kcal	132			124			127		
Protein	g	21.75	0.258	24	21.11	0.282	24	22.78	0.205	37
Total lipid	g	4.30			3.80			3.30		
Ash	g	1.11	0.021	20	1.04	0.013	18	1.10	0.015	28
MINERALS:										
Calcium	mg	4	0.161	11	4	0.119	11	3	0.095	83
Iron	mg	1.46	0.065	22	2.17	0.069	23	2.09	0.037	96
Magnesium	mg	23	0.919	21	24	0.364	23	25	0.180	95
Phosphorus	mg	210	4.333	11	210	4.455	12	219	4.454	13
Potassium	mg	383	7.473	37	364	5.459	23	383	2.748	112
Sodium	mg	53	1.811	37	62	2.396	23	52	0.990	109
Zinc	mg	2.92	0.128	28	4.86	0.081	19	2.87	0.062	92
Copper	mg	0.061	0.003	18	0.082	0.002	20	0.082	0.002	92
Manganese	mg	0.014			0.014			0.014		
VITAMINS:										
Thiamin	mg	0.10	0.005	22	0.12	0.007	23	0.10	0.004	55
Riboflavin	mg	0.14	0.005	20	0.20	0.007	23	0.19	0.003	50
Niacin	mg	3.71	0.203	22	3.39	0.171	23	4.36	0.207	28
Pantothenic acid	mg	0.37			0.35			0.36	0.026	8
Vitamin B-6	mg	0.45			0.44			0.51	0.027	4
Folate	mcg	7	0.690	11	8	0.489	11	9	0.716	19
Vitamin B-12	mcg	3.20	0.260	19	3.22	0.308	22	2.84	0.290	29
LIPIDS:										
Fatty acids:										
Saturated, total	g	1.48			1.29			1.13		
10:0	g	0.00		19	0.00		33	0.00		19
12:0	g	0.00		19	0.00		33	0.00		19
14:0	g	0.10		19	0.09		33	0.07		21
16:0	g	0.95		19	0.79		33	0.69		21
18:0	g	0.43		19	0.42		33	0.36		21
Monounsaturated, total	g	1.78			1.55			1.28		
16:1	g	0.17		19	0.13		33	0.11		21
18:1	g	1.61		19	1.42		33	1.18		21
20:1	g	0.00		17	0.00		27	0.00		16
Polyunsaturated, total	g	0.18			0.18			0.15		
18:2	g	0.14		19	0.15		33	0.12		20
18:3	g	0.01		19	0.01		33	0.01		21
20:4	g	0.03		19	0.03		33	0.03		19
Cholesterol	mg	54	1.859	25	60	1.303	21	57	1.101	23

Continued

Table A3. Composition of Raw Separable Lean of Retail Cuts: All Grades--Con.[1,2]

Nutrients	Units	Cut and NDB No.								
		Shank 13227			Porterhouse 13231			T-bone 13235		
		Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples
		per 100 g separable lean								
PROXIMATE:										
Water	g	73.03	0.284	11	70.41	0.752	4	70.24	0.975	4
Food energy	kcal	128			157			159		
Protein	g	21.75	0.506	11	20.35	0.426	4	20.25	2.950	4
Total lipid	g	3.85	0.190	11	7.82	1.001	4	8.03	1.277	4
Ash	g	1.44	0.234	7	0.92			0.92		
MINERALS:										
Calcium	mg	20	1.806	7	5			5		
Iron	mg	2.32	0.166	7	2.05			2.05		
Magnesium	mg	14	0.415	7	23			23		
Phosphorus	mg	204			203			190		
Potassium	mg	387			360			360		
Sodium	mg	63			55			55		
Zinc	mg	6.94	0.238	7	3.66			3.66		
Copper	mg	0.071	0.012	7	0.087			0.087		
Manganese	mg	0.014			0.014			0.014		
VITAMINS:										
Thiamin	mg	0.11	0.004	7	0.12			0.12		
Riboflavin	mg	0.22	0.014	7	0.19			0.19		
Niacin	mg	5.74	0.337	7	4.00			4.00		
Pantothenic acid	mg	0.35			0.34			0.34		
Vitamin B-6	mg	0.47	0.026	7	0.42			0.42		
Folate	mcg	8			7			7		
Vitamin B-12	mcg	3.33			2.99			2.99		
LIPIDS:										
Fatty acids:										
Saturated, total	g	1.28			3.14			3.22		
10:0	g	0.00			0.00			0.00		
12:0	g	0.00			0.00			0.00		
14:0	g	0.09			0.21			0.22		
16:0	g	0.77			1.78			1.83		
18:0	g	0.37			0.95			0.98		
Monounsaturated, total	g	1.76			3.32			3.41		
16:1	g	0.16			0.25			0.26		
18:1	g	1.52			2.93			3.01		
20:1	g	0.00			0.01			0.01		
Polyunsaturated, total	g	0.15			0.32			0.33		
18:2	g	0.11			0.25			0.26		
18:3	g	0.01			0.02			0.02		
20:4	g	0.03			0.04			0.04		
Cholesterol	mg	39	1.353		60			60		

Continued

Table A3. Composition of Raw Separable Lean of Retail Cuts: All Grades--Con.[1,2]

Nutrients	Units	Cut and NDB No.								
		Top loin 13269			Tenderloin 13249			Top sirloin 13286		
		Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples
		per 100 g separable lean								
PROXIMATE:										
Water	g	70.30			68.40			71.70		
Food energy	kcal	142			160			130		
Protein	g	21.53	0.227	63	20.78	0.225	20	21.24	0.214	24
Total lipid	g	5.50			7.90			4.40		
Ash	g	0.89	0.039	54	1.04	0.020	14	1.08	0.028	15
MINERALS:										
Calcium	mg	5	0.251	27	6	0.663	11	7	0.527	11
Iron	mg	1.78	0.047	39	2.77	0.147	18	2.69	0.083	49
Magnesium	mg	22	0.485	40	24	0.565	18	24	0.455	21
Phosphorus	mg	185	4.686	29	211	6.700	9	208	5.941	11
Potassium	mg	349	8.577	39	367	3.851	34	361	9.108	22
Sodium	mg	59	1.789	39	54	1.639	34	58	2.489	22
Zinc	mg	3.64	0.095	37	3.59	0.175	16	4.14	0.127	20
Copper	mg	0.078	0.003	38	0.109	0.005	15	0.096	0.004	18
Manganese	mg	0.014			0.014			0.014		
VITAMINS:										
Thiamin	mg	0.10	0.006	22	0.14	0.007	18	0.13	0.007	19
Riboflavin	mg	0.15	0.010	20	0.25	0.010	16	0.23	0.007	19
Niacin	mg	4.45	0.265	23	3.41	0.209	18	3.56	0.175	19
Pantothenic acid	mg	0.36			0.35			0.36		
Vitamin B-6	mg	0.44			0.43			0.44		
Folate	mcg	7	1.128	10	7	1.053	10	8	0.882	10
Vitamin B-12	mcg	3.05	0.234	22	2.90	0.349	17	3.17	0.286	19
LIPIDS:										
Fatty acids:										
Saturated, total	g	2.09			2.95			1.55		
10:0	g	0.00		21	0.00		16	0.00		18
12:0	g	0.00		21	0.00		16	0.00		18
14:0	g	0.16		21	0.19		16	0.11		18
16:0	g	1.30		21	1.72		16	0.93		18
18:0	g	0.63		21	1.04		16	0.51		18
Monounsaturated, total	g	2.35			3.05			1.75		
16:1	g	0.20		21	0.22		16	0.13		18
18:1	g	2.15		21	2.83		16	1.62		18
20:1	g	0.01		16	0.00		12	0.00		14
Polyunsaturated, total	g	0.20			0.36			0.21		
18:2	g	0.16		21	0.29		16	0.17		18
18:3	g	0.01		21	0.02		16	0.01		18
20:4	g	0.03		21	0.05		16	0.04		18
Cholesterol	mg	59	0.941	33	62	2.296	20	61	0.87	18

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[1] Carbohydrate, crude fiber, ascorbic acid, and vitamin A values for all equal zero.

[2] Values for flank, shortribs, full cut round, shank, porterhouse, and T-bone are for Choice grade.

Table A4. Composition of Raw Separable Lean of Retail Cuts: Choice Grade[1,2]

Nutrients	Units	Chuck, arm 13043	Chuck, blade 13059	Rib, whole 13086	Rib, large end 13114	Rib, small end 13138	Round, bottom 13169
		mean per 100 grams					
PROXIMATE:							
Water	g	72.60	70.20	68.34	68.10	68.70	69.70
Food energy	kcal	137	159	170	176	161	150
Total lipid	g	5.10	8.50	9.44	10.20	8.30	6.30
LIPIDS:							
Fatty acids:							
Saturated, total:	g	1.84	3.19	3.78	4.16	3.23	2.15
10:0	g	0.00	0.00	0.01	0.01	0.00	0.00
12:0	g	0.00	0.01	0.01	0.01	0.00	0.00
14:0	g	0.12	0.24	0.28	0.31	0.24	0.15
16:0	g	1.12	1.90	2.26	2.48	1.93	1.41
18:0	g	0.60	1.05	1.23	1.35	1.06	0.58
Monounsaturated, total:	g	1.92	3.78	3.88	4.09	3.56	2.85
16:1	g	0.19	0.31	0.35	0.40	0.29	0.33
18:1	g	1.74	3.46	3.52	3.69	3.26	2.52
20:1	g	0.00	0.01	0.01	0.01	0.01	0.01
Polyunsaturated, total:	g	0.26	0.32	0.34	0.39	0.27	0.25
18:2	g	0.21	0.26	0.28	0.31	0.24	0.19
18:3	g	0.02	0.02	0.02	0.03	0.01	0.01
20:4	g	0.03	0.04	0.03	0.04	0.02	0.04

Nutrients	Units	Round, eye 13185	Round, tip 13201	Round, top 13218	Tender-loin 13252	Top loin 13271	Top sirloin 13288
		mean per 100 grams					
PROXIMATE:							
Water	g	71.10	72.00	71.10	68.10	69.70	71.40
Food energy	kcal	137	130	132	166	150	135
Total lipid	g	4.90	4.40	3.90	8.60	6.40	5.00
LIPIDS:							
Fatty acids:							
Saturated, total:	g	1.69	1.50	1.34	3.22	2.43	1.76
10:0	g	0.00	0.00	0.00	0.01	0.00	0.00
12:0	g	0.00	0.00	0.00	0.01	0.00	0.00
14:0	g	0.12	0.10	0.09	0.22	0.19	0.12
16:0	g	1.08	0.92	0.82	1.84	1.51	1.06
18:0	g	0.49	0.48	0.42	1.13	0.73	0.58
Monounsaturated, total:	g	2.03	1.79	1.52	3.24	2.73	1.99
16:1	g	0.20	0.15	0.13	0.23	0.23	0.15
18:1	g	1.84	1.64	1.40	3.01	2.50	1.85
20:1	g	0.00	0.00	0.00	0.00	0.01	0.00
Polyunsaturated, total:	g	0.21	0.21	0.17	0.32	0.23	0.24
18:2	g	0.16	0.17	0.14	0.26	0.18	0.18
18:3	g	0.01	0.01	0.01	0.03	0.01	0.01
20:4	g	0.03	0.03	0.03	0.04	0.03	0.04

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[1] See table A3, All Grades, for composition of flank, shank, shortribs, full cut round, porterhouse and T-bone cuts.

[2] Nutrient values for rib, small end, NDB No. 13138, equal those for rib-eye, NDB No. 13097.

Table A5. Composition of Raw Separable Lean of Retail Cuts: Select Grade

Nutrients	Units	Cut and NDB No. Chuck, arm 13045	Chuck, blade 13061	Rib, whole 13089	Rib, large end 13117	Rib, small end 13141	Round, bottom 13171
		mean per 100 grams					
PROXIMATE:							
Water	g	73.20	71.60	70.92	69.90	70.40	70.40
Food energy	kcal	123	139	148	152	142	136
Total lipid	g	3.60	6.30	7.03	7.60	6.20	4.70
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.30	2.37	2.82	3.10	2.41	1.60
10:0	g	0.00	0.00	0.01	0.01	0.00	0.00
12:0	g	0.00	0.01	0.01	0.01	0.00	0.00
14:0	g	0.09	0.17	0.21	0.23	0.17	0.11
16:0	g	0.79	1.41	1.68	1.85	1.44	1.05
18:0	g	0.42	0.78	0.92	1.00	0.80	0.44
Monounsaturated, total	g	1.36	2.80	2.90	3.05	2.66	2.13
16:1	g	0.13	0.23	0.26	0.30	0.22	0.24
18:1	g	1.23	2.56	2.62	2.75	2.43	1.88
20:1	g	0.00	0.01	0.01	0.01	0.01	0.01
Polyunsaturated, total	g	0.19	0.24	0.25	0.29	0.20	0.19
18:2	g	0.14	0.20	0.21	0.23	0.18	0.14
18:3	g	0.02	0.01	0.02	0.02	0.01	0.01
20:4	g	0.02	0.03	0.03	0.03	0.02	0.03

		Round, eye 13187	Round, tip 13203	Round, top 13221	Tender-loin 13255	Top loin 13273	Top sirloin 13291
		mean per 100 grams					
PROXIMATE:							
Water	g	71.50	72.40	71.30	68.80	71.00	72.00
Food energy	kcal	125	119	120	153	133	124.00
Total lipid	g	3.60	3.20	2.50	7.10	4.50	3.70
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.24	1.10	0.86	2.65	1.71	1.30
10:0	g	0.00	0.00	0.00	0.00	0.00	0.00
12:0	g	0.00	0.00	0.00	0.00	0.00	0.00
14:0	g	0.08	0.07	0.06	0.17	0.13	0.09
16:0	g	0.79	0.66	0.53	1.54	1.06	0.78
18:0	g	0.36	0.35	0.27	0.94	0.43	0.43
Monounsaturated, total	g	1.49	1.30	0.98	2.74	1.92	1.48
16:1	g	0.14	0.11	0.08	0.20	0.16	0.11
18:1	g	1.35	1.19	0.90	2.55	1.76	1.36
20:1	g	0.00	0.00	0.00	0.00	0.00	0.01
Polyunsaturated, total	g	0.16	0.15	0.11	0.33	0.16	0.18
18:2	g	0.12	0.12	0.09	0.26	0.13	0.14
18:3	g	0.01	0.01	0.01	0.02	0.01	0.01
20:4	g	0.02	0.02	0.02	0.04	0.02	0.03

Table A6. Composition of Raw Separable Lean of Retail Cuts: Prime Grade

Nutrients	Units	Cut and NDB No.						
		Rib, whole	**Rib, large end**	**Rib, small end**	**Round, tip**	**Round, top**	**Tender-loin**	**Top loin**
		13092	**13120**	**13144**	**13205**	**13223**	**13258**	**13275**
		mean per 100 grams						
PROXIMATE:								
Water	g	66.04	65.83	66.35	71.92	70.64	69.92	67.39
Food energy	kcal	206	210	200	146	154	169	189
Total lipid	g	13.45	14.03	12.59	6.16	6.23	8.85	10.73
LIPIDS:								
Fatty acids:								
Saturated, total	g	5.69	6.05	5.16	2.21	2.27	3.54	4.29
10:0	g	0.01	0.01	0.01	0.00	0.00	0.00	0.00
12:0	g	0.01	0.01	0.01	0.00	0.00	0.00	0.01
14:0	g	0.40	0.43	0.36	0.14	0.14	0.21	0.32
16:0	g	3.22	3.41	2.93	1.28	1.33	1.93	2.54
18:0	g	1.76	1.86	1.61	0.68	0.68	1.17	1.23
Monounsaturated, total	g	5.80	5.90	5.64	2.60	2.52	3.53	4.81
16:1	g	0.50	0.54	0.44	0.21	0.20	0.24	0.39
18:1	g	5.02	5.07	4.95	2.30	2.23	3.17	4.19
20:1	g	0.02	0.20	0.01	0.00	0.01	0.01	0.01
Polyunsaturated, total	g	0.50	0.55	0.43	0.32	0.29	0.42	0.39
18:2	g	0.40	0.43	0.36	0.24	0.22	0.32	0.31
18:3	g	0.04	0.05	0.02	0.01	0.01	0.03	0.02
20:4	g	0.05	0.05	0.04	0.04	0.05	0.05	0.05

Table A7. Physical Composition of Raw Retail Cuts Trimmed to 1/4-Inch Fat

Cut and Grade	NDB No.	Separable Lean	Separable Fat	Refuse
		percent		
All grades:				
Brisket:				
Whole	13021	69.6	30.1	0.3
Flat-half	13025	72.8	27.2	0.0
Point-half	13029	66.8	32.6	0.6
Chuck:				
Arm	13033	66.9	17.9	15.2
Blade	13049	64.8	16.3	18.9
Rib:				
Whole	13071	58.5	25.4	16.1
Large end	13099	57.5	26.4	16.1
Small end	13123	60.2	23.8	16.0
Round:				
Bottom	13159	85.2	11.9	2.9
Eye	13175	84.8	14.5	0.7
Tip	13191	83.1	13.3	3.6
Top	13207	89.5	8.5	2.0
Tenderloin	13237	74.9	23.7	1.4
Top loin	13261	73.6	17.5	8.9
Top sirloin	13277	80.0	14.9	5.1
Choice:				
Chuck:				
Arm	13035	66.0	19.0	15.0
Blade	13051	63.4	17.7	18.9
Flank[1]	13065	93.0	5.0	2.0
Rib:				
Whole	13074	56.8	26.8	16.4
Eye[1]	13097	75.0	20.7	4.3
Large end	13102	55.8	28.2	16.0
Small end	13126	58.6	24.7	16.7
Shortribs	13147	41.0	32.0	27.0
Round:				
Full cut	13151	83.0	11.1	5.9
Bottom	13161	84.1	12.5	3.4
Eye	13177	84.0	15.1	0.9
Tip	13193	81.6	14.2	4.2
Top	13209	89.1	8.6	2.3

Continued

Table A7. Physical Composition of Raw Retail Cuts Trimmed to 1/4-inch Fat, Con.

Cut and Grade	NDB No.	Separable Lean	Separable Fat	Refuse
		percent		
Choice, Con.:				
Shank	13225	60.0	6.0	34.0
Short loin:				
Porterhouse	13229	63.0	18.5	18.5
T-bone	13233	60.6	17.1	22.3
Top loin	13263	71.7	18.5	9.8
Tenderloin	13240	74.7	23.6	1.7
Top sirloin	13279	79.0	15.8	5.2
Select:				
Chuck:				
Arm	13037	68.0	16.5	15.5
Blade	13053	66.3	14.7	19.0
Rib:				
Whole	13077	60.3	23.7	16.0
Large end	13105	59.4	24.3	16.3
Small end	13129	61.9	22.8	15.3
Round:				
Full cut	13153	83.0	11.1	5.9
Bottom	13163	86.5	11.3	2.2
Eye	13179	85.7	13.8	0.5
Tip	13195	84.7	12.1	3.2
Top	13212	89.9	8.3	1.8
Tenderloin	13243	75.0	23.8	1.2
Top loin	13265	75.7	16.5	7.8
Top sirloin	13282	81.2	13.9	5.0
Prime:				
Rib:				
Whole	13080	56.1	28.6	15.3
Large end	13108	55.1	31.0	13.9
Small end	13132	57.5	25.0	17.5
Round:				
Tip	13197	82.5	12.1	5.4
Top	13214	93.7	4.9	1.4
Tenderloin	13246	74.9	22.3	2.8
Top loin	13267	72.4	22.3	5.3

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[1] Trimmed to 0 inch fat.

Table A8. Yields of Cooked Beef Products

Cooking method and cut	Yields			
	Cut with refuse[1]		Separable lean and fat[2,3]	Separable lean only[3,4]
	0-inch	1/4-inch		
	percent			
Braised:				
Brisket:				
Whole	70	73	70	67
Flat Half	72	72	70	68
Point Half	70	73	70	67
Chuck:				
Arm pot roast	67	70	66	61
Blade roast	69	71	66	63
Flank	59	59	59	59
Rib:				
Shortribs	--	70	68	65
Round:				
Bottom	62	64	63	63
Top	60	65	--	--
Shank crosscuts[5]	68	--	61	59
Broiled:				
Flank	75	75	75	75
Rib:				
Whole, eye, large end, small end	77	75	75	78
Round:				
Full cut	--	75	72	75
Top	--	74	73	74
Short loin:				
Porterhouse steak	--	73	72	79
T-bone steak	--	74	75	81
Top loin	71	75	73	78
Tenderloin	70	71	70	73
Top sirloin	70	71	69	73
Ground:				
Extra lean:				
Medium	--	--	74	--
Well done	--	--	62	--
Lean:				
Medium	--	--	71	--
Well done	--	--	62	--
Regular:				
Medium	--	--	67	--
Well done	--	--	60	--
Patties, Medium	--	--	69	--

Continued

Table A8. Yields of Cooked Beef Products, Con.

Cooking method and cut	Yields: Cut with refuse[1] 0-inch	Yields: Cut with refuse[1] 1/4-inch	Yields: Separable lean and fat[2,3]	Yields: Separable lean only[3,4]
	percent	percent	percent	percent
Pan-fried:				
Round:				
Top	--	63	64	62
Top sirloin	--	69	68	65
Ground:				
Extra lean:				
Medium	--	--	75	--
Well done	--	--	65	--
Lean:				
Medium	--	--	72	--
Well done	--	--	63	--
Regular:				
Medium	--	--	68	--
Well done	--	--	61	--
Roasted:				
Rib:				
Whole, eye, small end, large end	76	77	73	75
Round:				
Bottom	76	76	--	--
Eye	75	75	78	78
Tip	75	75	73	73
Tenderloin	--	--	74	75
Ground:[6]				
Extra lean:				
Medium	--	--	76	--
Well done	--	--	59	--
Lean:				
Medium	--	--	74	--
Well done	--	--	58	--
Regular:				
Medium	--	--	70	--
Well done	--	--	56	--

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[1] As percentage of raw cut with refuse.

[2] As percentage of raw cut without refuse.

[3] Based on data for 1/2-inch trim cuts.

[4] As percentage of raw separable lean only.

[5] Simmered.

[6] Cooking method is described as baked.

Table A9. Conversion Factors for Fatty Acids of Beef Products[1]

Food	Conversion Factor	
	Raw	Cooked
	percent	
Retail Cuts:		
Separable fat	0.940	0.918
Separable lean, unspecified	.874	.875
Brisket:		
Flat half	.838	.855
Point half	.924	.930
Chuck:		
Arm pot roast	.852	.872
Blade roast	.904	.904
Flank	.873	.875
Rib:		
Eye and small end	.898	.907
Large end	.898	.917
Shortribs	.898	.912
Round: Bottom	.883	.869
Eye	.850	.869
Tip	.841	.834
Top	.825	.803
Shank crosscuts	.838	.855
Short loin:		
Porterhouse	.874	.851
T-bone	.874	.851
Top loin	.893	.866
Tenderloin	.855	.835
Top sirloin	.845	.908
Ground:		
Extra lean	.884	.881
Lean	.887	.881
Regular	.893	.881
Patties, frozen	.890	.881
Variety Meats and Byproducts:		
Brain	.561	.561
Heart	.775	.775
Kidneys	.747	.747
Liver	.750	.750
Lung	.743	.743
Mechanically separated beef	.926	--
Suet	.939	--
Tallow	--	.956
Tongue	.941	.941
Tripe	.874	--
Cured Products:		
Breakfast strips	.949	.953
Corned beef:		
Brisket	.838	.855

[1] Factors are based on the best available information; revision of some factors may be required as better data become available.

Table A10. Cutting Procedures for Retail Cuts Used for Nutrient Analyses[1]

Cut	Procedure
Chuck:	
Arm:	Two roasts, 2 inches thick, were cut from the foreshank side.
Blade:	Two roasts, 2 inches thick, were cut from the second through fourth rib section.
Rib:	
Whole:	The large-end and small-end rib cuts were combined.
Large end:	A roast was cut comprising the seventh to ninth rib section.
Small end:	One-inch thick steaks were cut from the loin end (ribs 10-12) with a tail 1 inch long.
Round:	
Bottom:	A 6-pound roast was cut from the center of the bottom round.
Top:	Six steaks, 0.75 inch thick, were cut up to the gracillus muscle of the top round.
Tenderloin:	Beginning at the posterior end (large end), 7 to 10 steaks, 1.25 inches thick, were cut.
Top loin:	Beginning at the anterior end, 8 to 10 boneless steaks, 1.25 inches thick, were cut with a tail approximately 0.5 inch in length.
Sirloin:	The second and third steaks, 1.25 inches thick, were cut from the posterior end (round end) of the sirloin.

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[1] Does not apply to cuts used for moisture and fat analysis.

Table A11. Retention of Nutrients in Cooked Separable Lean of Beef Products

Nutrients	Braised			Broiled			Roasted		
	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples	Mean	Standard Error	No. of Samples
	%	%		%	%		%	%	
Water	50	0.85	64	63	0.77	59	65	1.20	40
Protein	98	1.04	58	99	.99	56	99	1.65	38
Total Lipid:									
0-inch trim cuts	105	--	180	102	--	120	106	--	120
1/4- and 1/2-inch trim cuts	117	--	227	109	--	165	118	--	149
Ash	65	1.87	45	87	1.10	48	84	1.81	35
Calcium	84	3.54	46	103	4.83	47	91	4.06	38
Iron	102	2.19	44	94	1.67	47	99	2.50	38
Magnesium	66	1.29	46	86	1.09	47	83	1.56	38
Phosphorus[1]	81	--	--	83	--	--	84	--	--
Potassium	57	1.21	46	83	1.10	47	80	1.54	39
Sodium	59	1.36	46	85	1.30	46	83	2.21	38
Manganese[2]	80	--	--	85	--	--	85	--	--
Thiamin	45	2.45	47	70	2.35	46	58	2.25	37
Riboflavin	86	3.22	32	92	1.77	35	98	2.89	26
Niacin	61	3.01	49	78	2.48	48	75	3.55	37
Pantothenic acid	69	5.21	8	79	3.03	4	97	5.70	4
Vitamin B-6	46	2.46	8	74	5.58	4	66	3.54	4
Folate	72	5.34	48	87	3.93	49	88	4.98	38
Vitamin B-12	67	3.69	49	75	2.89	50	72	2.55	41
Cholesterol	103	1.91	35	106	1.49	37	103	2.43	30

[1] Limited data available.

[2] Imputed.

Table A12. Contribution of Individual Cuts to the Raw Composite of Retail Cuts[1]

Item	Market Share	All Grades		Choice		Select		Prime	
		Lean	Lean and fat	Lean	Lean and fat	Lean	Lean and fat	Lean	Lean and fat
	percent								
Brisket	3.2	3.1	3.6	3.1	3.6	3.2	3.6	--	--
Chuck:									
Arm	3.8	3.6	3.6	3.6	3.7	3.6	3.6	--	--
Blade	20.5	18.7	18.8	18.6	18.8	18.9	18.7	--	--
Flank	2.4	3.1	2.7	3.2	2.7	3.1	2.7	--	--
Rib:									
Eye	5.9	6.2	6.4	6.3	6.4	6.1	6.4	--	--
Large end	7.5	6.1	7.1	6.0	7.1	6.2	7.1	15.4	18.7
Small end	3.0	2.5	2.8	2.5	2.8	2.6	2.9	19.0[2]	21.3[2]
Shortribs	6.0	3.5	4.9	3.5	5.0	3.4	4.9	--	--
Round:									
Full cut	5.4	6.3	5.7	6.4	5.7	6.2	5.7	--	--
Bottom	3.8	4.6	4.2	4.6	4.2	4.6	4.2	--	--
Eye	6.3	7.5	7.1	7.6	7.1	7.5	7.1	--	--
Tip	5.7	6.7	6.2	6.6	6.2	6.7	6.2	17.5	15.6
Top	6.6	8.3	7.3	8.4	7.3	8.2	7.3	23.0	18.8
Shank	0.8	0.7	0.6	0.7	0.6	0.7	0.6	--	--
Short loin:									
Porterhouse	3.3	2.9	3.0	3.0	3.0	2.9	3.0	--	--
T-Bone	3.0	2.6	2.6	2.6	2.6	2.5	2.6	--	--
Top loin	7.9	8.2	8.1	8.1	8.1	8.3	8.2	21.3	21.7
Tenderloin	1.4	1.5	1.6	1.5	1.6	1.5	1.6	3.8	3.9
Sirloin	3.4	3.8	3.6	3.8	3.6	3.8	3.6	--	--
Total	99.9	99.9	99.9	100.1	100.1	100.0	100.0	100.0	100.0

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[1] Based on each cut's share of the market.

[2] Includes rib-eye.

Table A13. Contribution of Individual Cuts to the Cooked Composite of Retail Cuts Trimmed to 1-4-Inch Fat[1]

Item	Market Share	All Grades Lean	All Grades Lean and fat	Choice Lean	Choice Lean and fat	Select Lean	Select Lean and fat	Prime Lean	Prime Lean and fat
	percent								
Brisket	3.3	3.1	3.8	3.1	3.8	3.2	3.8	--	--
Chuck:									
Arm	3.7	3.2	3.4	3.2	3.5	3.2	3.4	--	--
Blade	20.2	17.4	17.9	17.2	18.0	17.6	18.0	--	--
Flank	2.0	2.6	2.2	2.6	2.2	2.6	2.2	--	--
Rib:									
Eye	6.1	6.8	6.6	6.8	6.7	6.7	6.7	--	--
Large end	8.0	6.9	7.8	6.8	7.9	7.0	7.8	16.1[2]	18.8[2]
Small end	3.2	2.7	2.9	2.7	2.9	2.7	2.9	20.1[2]	21.6[2]
Shortribs	5.8	3.2	4.8	3.2	4.8	3.1	4.8	--	--
Round:									
Full cut	5.6	6.7	5.9	6.7	6.0	6.6	6.0	--	--
Bottom	3.4	4.0	3.8	4.1	3.8	4.1	3.8	--	--
Eye	6.6	8.1	7.4	8.1	7.4	8.0	7.4	--	--
Tip	5.9	7.2	6.4	7.1	6.5	7.2	6.5	17.8	16.6
Top	6.0	7.5	6.7	7.6	6.7	7.5	6.7	20.2	17.0
Shank	0.8	0.6	0.5	0.6	0.5	0.6	0.6	--	--
Shortloin:									
Porterhouse	3.3	3.0	2.9	3.0	3.0	2.9	3.0	--	--
T-Bone	3.1	2.6	2.6	2.7	2.6	2.6	2.6	--	--
Top loin	8.2	8.9	9.2	8.9	8.7	8.9	8.7	22.0	22.1
Tenderloin	1.4	1.6	1.5	1.6	1.5	1.6	1.5	3.8	3.9
Sirloin	3.4	4.0	3.7	4.0	3.7	3.9	3.7	--	--
Total	100.0	100.1	100.0	100.0	100.2	100.0	100.1	100.0	100.0

[1] Based on each cut's share of the market when cooked.

[2] Includes rib-eye.

Table A14. Contribution of Individual Cuts to the Cooked Composite of Retail Cuts Trimmed to 0-Inch Fat[1]

Item	Market Share	All Grades		Choice		Select	
		Lean	Lean and fat	Lean	Lean and fat	Lean	Lean and fat
	percent						
Brisket	3.2	3.5	3.6	3.5	3.6	3.5	3.6
Chuck:							
Arm	3.6	3.3	3.4	3.3	3.4	3.4	3.4
Blade	20.0	16.3	17.4	16.1	17.4	16.6	17.4
Flank	2.0	2.4	2.3	2.5	2.3	2.4	2.3
Rib:							
Eye	6.4	6.6	7.0	6.6	7.0	6.5	7.0
Large end	8.1	6.6	7.8	6.5	7.8	6.7	7.7
Small end	3.2	2.7	2.9	2.8	2.9	2.7	2.8
Shortribs	6.0	3.0	4.9	3.0	4.9	3.0	4.9
Round:							
Full cut	5.7	6.3	6.1	6.4	6.1	6.3	6.1
Bottom	3.3	4.2	3.8	4.2	3.8	4.2	3.8
Eye	6.7	8.6	7.6	8.7	7.5	8.6	7.6
Tip	6.1	7.5	6.7	7.6	6.7	7.5	6.7
Top	5.6	7.1	6.3	7.2	6.3	7.1	6.3
Shank	0.8	0.6	0.6	0.6	0.6	0.6	0.6
Shortloin:							
Porterhouse	3.4	2.8	3.0	2.8	3.0	2.8	3.0
T-Bone	3.1	2.5	2.6	2.5	2.6	2.5	2.6
Top loin	7.9	10.0	8.9	10.0	8.9	10.0	9.0
Tenderloin	1.4	1.7	1.6	1.7	1.6	1.7	1.6
Sirloin	3.4	4.1	3.7	4.1	3.7	4.1	3.7
Total	99.8	99.8	100.2	100.0	100.1	100.2	100.1

---

[1] Based on each cut's share of the market when cooked.

Table A15. Regression Equations for Determining Fat Retention and Cooking Yield of Ground Beef

Cooking Method and Degree of Doneness	Fat Retention (R), %	Cooking Yield (Y), %
Baked:		
Medium	R = 103.1 - 1.807X[1]	Y = 88.1 - 0.686X
Well done	R = 72.0 - 0.993X	Y = 62.9 - 0.243X
Broiled:		
Medium	R = 103.3 - 1.920X	Y = 85.1 - 0.677X
Well done	R = 82.9 - 1.470X	Y = 66.8 - 0.259X
Pan-fried:		
Medium	R = 98.2 - 1.529X	Y = 87.6 - 0.745X
Well done	R = 91.0 - 1.784X	Y = 71.1 - 0.372X

[1] X = % fat in raw ground beef.

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CARCASS:		
Separable lean and fat, Choice, raw	13001	46
Separable lean and fat, Select, raw	13002	47
COMPOSITE OF TRIMMED RETAIL CUTS:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13003	48
Cooked:		
Trimmed to 1/4 inch fat	13004	49
Trimmed to 0 inch fat	13361	50
Choice:		
Raw, trimmed to 1/4 inch fat	13005	51
Cooked:		
Trimmed to 1/4 inch fat	13006	52
Trimmed to 0 inch fat	13362	53
Select:		
Raw, trimmed to 1/4 inch fat	13007	54
Cooked:		
Trimmed to 1/4 inch fat	13008	55
Trimmed to 0 inch fat	13363	56
Prime, trimmed to 1/4 inch fat:		
Raw	13009	57
Cooked	13010	58
Separable lean only:		
All grades:		
Raw, trimmed to 1/4 inch fat	13011	59
Cooked:		
Trimmed to 1/4 inch fat	13012	60
Trimmed to 0 inch fat	13364	61
Choice:		
Raw, trimmed to 1/4 inch fat	13013	62
Cooked:		
Trimmed to 1/4 inch fat	13014	63
Trimmed to 0 inch fat	13365	64
Select:		
Raw, trimmed to 1/4 inch fat	13015	65
Cooked:		
Trimmed to 1/4 inch fat	13016	66
Trimmed to 0 inch fat	13366	67
Prime, trimmed to 1/4 inch fat:		
Raw	13017	68
Cooked	13018	69
RETAIL CUTS, TRIMMED TO RETAIL LEVEL:		
Separable lean (See individual cuts.)		
Separable fat:		
Raw	13019	70
Cooked	13020	71
Brisket, all grades:		
Whole:		
Separable lean and fat:		
Raw, trimmed to 1/4 inch fat	13021	72
Cooked, braised:		
Trimmed to 1/4 inch fat	13022	73
Trimmed to 0 inch fat	13367	74

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Brisket, all grades, whole, con.:		
Separable lean only, cooked, braised:		
Trimmed to 1/4 inch fat	13024	75
Trimmed to 0 inch fat	13368	76
Flat half:		
Separable lean and fat:		
Raw, trimmed to 1/4 inch fat	13025	77
Cooked:		
Trimmed to 1/4 inch fat	13026	78
Trimmed to 0 inch fat	13369	79
Separable lean only, cooked, braised:		
Trimmed to 1/4 inch fat	13028	80
Trimmed to 0 inch fat	13370	81
Point half:		
Separable lean and fat:		
Raw, trimmed to 1/4 inch fat	13029	82
Cooked, braised:		
Trimmed to 1/4 inch fat	13030	83
Trimmed to 0 inch fat	13371	84
Separable lean only, cooked, braised:		
Trimmed to 1/4 inch fat	13032	85
Trimmed to 0 inch fat	13372	86
Chuck:		
Arm pot roast:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13033	87
Cooked, braised:		
Trimmed to 1/4 inch fat	13034	88
Trimmed to 0 inch fat	13373	89
Choice:		
Raw, trimmed to 1/4 inch fat	13035	90
Cooked, braised:		
Trimmed to 1/4 inch fat	13036	91
Trimmed to 0 inch fat	13374	92
Select:		
Raw, trimmed to 1/4 inch fat	13037	93
Cooked, braised:		
Trimmed to 1/4 inch fat	13038	94
Trimmed to 0 inch fat	13375	95
Separable lean only, cooked, braised:		
All grades:		
Trimmed to 1/4 inch fat	13042	96
Trimmed to 0 inch fat	13376	97
Choice:		
Trimmed to 1/4 inch fat	13044	98
Trimmed to 0 inch fat	13377	99
Select:		
Trimmed to 1/4 inch fat	13046	100
Trimmed to 0 inch fat	13378	101

RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:

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Chuck, con.:		
Blade roast:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13049	102
Cooked, braised:		
Trimmed to 1/4 inch fat	13050	103
Trimmed to 0 inch fat	13379	104
Choice:		
Raw, trimmed to 1/4 inch fat	13051	105
Cooked, braised:		
Trimmed to 1/4 inch fat	13052	106
Trimmed to 0 inch fat	13380	107
Select:		
Raw, trimmed to 1/4 inch fat	13053	108
Cooked, braised:		
Trimmed to 1/4 inch fat	13054	109
Trimmed to 0 inch fat	13381	110
Separable lean only, cooked, braised:		
All grades:		
Trimmed to 1/4 inch fat	13058	111
Trimmed to 0 inch fat	13382	112
Choice:		
Trimmed to 1/4 inch fat	13060	113
Trimmed to 0 inch fat	13383	114
Select:		
Trimmed to 1/4 inch fat	13062	115
Trimmed to 0 inch fat	13384	116
Flank, Choice grade, trimmed to 0 inch fat:		
Separable lean and fat:		
Raw	13065	117
Cooked:		
Braised	13066	118
Broiled	13067	119
Separable lean only, cooked:		
Braised	13069	120
Broiled	13070	121
Rib:		
Whole (ribs 6-12):		
Separable lean and fat:		
All grades, trimmed to 1/4 inch fat:		
Raw	13071	122
Cooked:		
Broiled	13072	123
Roasted	13073	124
Choice, trimmed to 1/4 inch fat:		
Raw	13074	125
Cooked:		
Broiled	13075	126
Roasted	13076	127

RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:

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Rib, Whole (ribs 6-12), separable lean and fat, con.:		
Select, trimmed to 1/4 inch fat:		
Raw	13077	128
Cooked:		
Broiled	13078	129
Roasted	13079	130
Prime, trimmed to 1/4 inch fat:		
Raw	13080	131
Cooked:		
Broiled	13081	132
Roasted	13082	133
Separable lean only, cooked:		
All grades, trimmed to 1/4 inch fat:		
Broiled	13084	134
Roasted	13085	135
Choice, trimmed to 1/4 inch fat:		
Broiled	13087	136
Roasted	13088	137
Select, trimmed to 1/4 inch fat:		
Broiled	13090	138
Roasted	13091	139
Prime, trimmed to 1/4 inch fat:		
Broiled	13093	140
Roasted	13094	141
Eye, small end (ribs 10-12), Choice, trimmed to 0 inch fat:		
Separable lean and fat:		
Raw	13095	142
Cooked: Broiled	13096	143
Separable lean only, cooked, broiled	13098	144
Large end (ribs 6-9):		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13099	145
Cooked:		
Broiled, trimmed to 1/4 inch fat	13100	146
Roasted:		
Trimmed to 1/4 inch fat	13101	147
Trimmed to 0 inch fat	13385	148
Choice:		
Raw, trimmed to 1/4 inch fat	13102	149
Cooked:		
Broiled, trimmed to 1/4 inch fat	13103	150
Roasted:		
Trimmed to 1/4 inch fat	13104	151
Trimmed to 0 inch fat	13386	152
Select:		
Raw, trimmed to 1/4 inch fat	13105	153
Cooked:		
Broiled, trimmed to 1/4 inch fat	13106	154
Roasted:		
Trimmed to 1/4 inch fat	13107	155
Trimmed to 0 inch fat	13387	156

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Rib, Large end (ribs 6-9), separable lean and fat, con.:		
Prime, trimmed to 1/4 inch fat:		
Raw	13108	157
Cooked:		
Broiled	13109	158
Roasted	13110	159
Separable lean only, cooked:		
All grades:		
Broiled, trimmed to 1/4 inch fat	13112	160
Roasted:		
Trimmed to 1/4 inch fat	13113	161
Trimmed to 0 inch fat	13388	162
Choice:		
Broiled, trimmed to 1/4 inch fat	13115	163
Roasted:		
Trimmed to 1/4 inch fat	13116	164
Trimmed to 0 inch fat	13389	165
Select:		
Broiled, trimmed to 1/4 inch fat	13118	166
Roasted:		
Trimmed to 1/4 inch fat	13119	167
Trimmed to 0 inch fat	13390	168
Prime, trimmed to 1/4 inch fat, cooked:		
Broiled	13121	169
Roasted	13122	170
Small end (ribs 10-12):		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13123	171
Cooked:		
Broiled:		
Trimmed to 1/4 inch fat	13124	172
Trimmed to 0 inch fat	13391	173
Roasted, trimmed to 1/4 inch fat	13125	174
Choice:		
Raw, trimmed to 1/4 inch fat	13126	175
Cooked:		
Broiled:		
Trimmed to 1/4 inch fat	13127	176
Trimmed to 0 inch fat	13392	177
Roasted, trimmed to 1/4 inch fat	13128	178
Select:		
Raw, trimmed to 1/4 inch fat	13129	179
Cooked:		
Broiled:		
Trimmed to 1/4 inch fat	13130	180
Trimmed to 0 inch fat	13393	181
Roasted, trimmed to 1/4 inch fat	13131	182
Prime, trimmed to 1/4 inch fat:		
Raw	13132	183
Cooked:		
Broiled	13133	184
Roasted	13134	185

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Rib, Small end (ribs 10-12), con.:		
Separable lean only, cooked:		
All grades:		
Broiled:		
Trimmed to 1/4 inch fat	13136	186
Trimmed to 0 inch fat	13394	187
Roasted, trimmed to 1/4 inch fat	13137	188
Choice:		
Broiled:		
Trimmed to 1/4 inch fat	13139	189
Trimmed to 0 inch fat	13395	190
Roasted, trimmed to 1/4 inch fat	13140	191
Select:		
Broiled:		
Trimmed to 1/4 inch fat	13142	192
Trimmed to 0 inch fat	13396	193
Roasted, trimmed to 1/4 inch fat	13143	194
Prime, trimmed to 1/4 inch fat, cooked:		
Broiled	13145	195
Roasted	13146	196
Shortribs, Choice:		
Separable lean and fat:		
Raw	13147	197
Cooked, braised	13148	198
Separable lean only, cooked, braised	13150	199
Round:		
Full cut, trimmed to 1/4 inch fat:		
Separable lean and fat:		
Choice:		
Raw	13151	200
Cooked, broiled	13152	201
Select:		
Raw	13153	202
Cooked, broiled	13154	203
Separable lean only:		
Choice, cooked, broiled	13156	204
Select, cooked, broiled	13158	205
Bottom round:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13159	206
Cooked:		
Braised:		
Trimmed to 1/4 inch fat	13160	207
Trimmed to 0 inch fat	13398	208
Roasted:		
Trimmed to 1/4 inch fat	13397	209
Trimmed to 0 inch fat	13399	210

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Round, Bottom round, separable lean and fat, con.:		
Choice:		
Raw, trimmed to 1/4 inch fat	13161	211
Cooked:		
Braised:		
Trimmed to 1/4 inch fat	13162	212
Trimmed to 0 inch fat	13401	213
Roasted:		
Trimmed to 1/4 inch fat	13400	214
Trimmed to 0 inch fat	13402	215
Select:		
Raw, trimmed to 1/4 inch fat	13163	216
Cooked:		
Braised:		
Trimmed to 1/4 inch fat	13164	217
Trimmed to 0 inch fat	13404	218
Roasted:		
Trimmed to 1/4 inch fat	13403	219
Trimmed to 0 inch fat	13405	220
Separable lean only, cooked:		
All grades:		
Braised:		
Trimmed to 1/4 inch fat	13168	221
Trimmed to 0 inch fat	13407	222
Roasted:		
Trimmed to 1/4 inch fat	13406	223
Trimmed to 0 inch fat	13408	224
Choice:		
Braised:		
Trimmed to 1/4 inch fat	13170	225
Trimmed to 0 inch fat	13410	226
Roasted:		
Trimmed to 1/4 inch fat	13409	227
Trimmed to 0 inch fat	13411	228
Select:		
Braised:		
Trimmed to 1/4 inch fat	13172	229
Trimmed to 0 inch fat	13413	230
Roasted:		
Trimmed to 1/4 inch fat	13412	231
Trimmed to 0 inch fat	13414	232
Eye of round:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13175	233
Cooked, roasted:		
Trimmed to 1/4 inch fat	13176	234
Trimmed to 0 inch fat	13415	235
Choice:		
Raw, trimmed to 1/4 inch fat	13177	236
Cooked, roasted:		
Trimmed to 1/4 inch fat	13178	237
Trimmed to 0 inch fat	13416	238

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Round, Eye of round, separable lean and fat, con.:		
Select:		
Raw, trimmed to 1/4 inch fat	13179	239
Cooked, roasted:		
Trimmed to 1/4 inch fat	13180	240
Trimmed to 0 inch fat	13417	241
Separable lean only, cooked, roasted:		
All grades:		
Trimmed to 1/4 inch fat	13184	242
Trimmed to 0 inch fat	13418	243
Choice:		
Trimmed to 1/4 inch fat	13186	244
Trimmed to 0 inch fat	13419	245
Select:		
Trimmed to 1/4 inch fat	13188	246
Trimmed to 0 inch fat	13420	247
Tip round:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13191	248
Cooked, roasted:		
Trimmed to 1/4 inch fat	13192	249
Trimmed to 0 inch fat	13421	250
Choice:		
Raw, trimmed to 1/4 inch fat	13193	251
Cooked, roasted:		
Trimmed to 1/4 inch fat	13194	252
Trimmed to 0 inch fat	13422	253
Select:		
Raw, trimmed to 1/4 inch fat	13195	254
Cooked, roasted:		
Trimmed to 1/4 inch fat	13196	255
Trimmed to 0 inch fat	13423	256
Prime, trimmed to 1/4 inch fat:		
Raw	13197	257
Cooked, roasted	13198	258
Separable lean only, cooked, roasted:		
All grades:		
Trimmed to 1/4 inch fat	13200	259
Trimmed to 0 inch fat	13424	260
Choice:		
Trimmed to 1/4 inch fat	13202	261
Trimmed to 0 inch fat	13425	262
Select:		
Trimmed to 1/4 inch fat	13204	263
Trimmed to 0 inch fat	13426	264
Prime, trimmed to 1/4 inch fat	13206	265
Top round:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13207	266
Cooked:		
Braised:		
Trimmed to 1/4 inch fat	13427	267

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Round, Top round, separable lean and fat, all grades, cooked, braised, con.:		
Trimmed to 0 inch fat	13428	268
Broiled:		
Trimmed to 1/4 inch fat	13208	269
Choice:		
Raw, trimmed to 1/4 inch fat	13209	270
Cooked:		
Braised:		
Trimmed to 1/4 inch fat	13429	271
Trimmed to 0 inch fat	13430	272
Broiled:		
Trimmed to 1/4 inch fat	13210	273
Pan-fried, trimmed to 1/4 inch fat	13211	274
Select:		
Raw, trimmed to 1/4 inch fat	13212	275
Cooked:		
Braised:		
Trimmed to 1/4 inch fat	13431	276
Trimmed to 0 inch fat	13432	277
Broiled:		
Trimmed to 1/4 inch fat	13213	278
Prime, trimmed to 1/4 inch fat:		
Raw	13214	279
Cooked, broiled	13215	280
Separable lean only, cooked:		
All grades:		
Braised:		
Trimmed to 1/4 inch fat	13433	281
Trimmed to 0 inch fat	13434	282
Broiled:		
Trimmed to 1/4 inch fat	13217	283
Choice:		
Braised:		
Trimmed to 1/4 inch fat	13435	284
Trimmed to 0 inch fat	13436	285
Broiled:		
Trimmed to 1/4 inch fat	13219	286
Pan-fried:		
Trimmed to 1/4 inch fat	13220	287
Select:		
Braised:		
Trimmed to 1/4 inch fat	13437	288
Trimmed to 0 inch fat	13438	289
Broiled:		
Trimmed to 1/4 inch fat	13222	290
Prime, trimmed to 1/4 inch fat, broiled	13224	291
Shank crosscuts, trimmed to 1/4 inch fat, Choice:		
Separable lean and fat:		
Raw	13225	292
Cooked, simmered	13226	293
Separable lean only:		
Cooked, simmered	13228	294

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Short loin, trimmed to 1/4 inch fat:		
Porterhouse steak, Choice:		
Separable lean and fat:		
Raw	13229	295
Cooked, broiled	13230	296
Separable lean only:		
Cooked, broiled	13232	297
T-bone steak, Choice:		
Separable lean and fat:		
Raw	13233	298
Cooked, broiled	13234	299
Separable lean only:		
Cooked, broiled	13236	300
Top loin:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13261	301
Cooked, broiled:		
Trimmed to 1/4 inch fat	13262	302
Trimmed to 0 inch fat	13445	303
Choice:		
Raw, trimmed to 1/4 inch fat	13263	304
Cooked, broiled:		
Trimmed to 1/4 inch fat	13264	305
Trimmed to 0 inch fat	13446	306
Select:		
Raw, trimmed to 1/4 inch fat	13265	307
Cooked, broiled:		
Trimmed to 1/4 inch fat	13266	308
Trimmed to 0 inch fat	13447	309
Prime, trimmed to 1/4 inch fat:		
Raw	13267	310
Cooked, broiled	13268	311
Separable lean only, cooked, broiled:		
All grades:		
Trimmed to 1/4 inch fat	13270	312
Trimmed to 0 inch fat	13448	313
Choice:		
Trimmed to 1/4 inch fat	13272	314
Trimmed to 0 inch fat	13449	315
Select:		
Trimmed to 1/4 inch fat	13274	316
Trimmed to 0 inch fat	13450	317
Prime, trimmed to 1/4 inch fat	13276	318
Tenderloin:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13237	319
Cooked:		
Broiled:		
Trimmed to 1/4 inch fat	13238	320
Trimmed to 0 inch fat	13439	321
Roasted, trimmed to 1/4 inch fat	13239	322

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Tenderloin, separable lean and fat, con.:		
Choice:		
Raw, trimmed to 1/4 inch fat	13240	323
Cooked:		
Broiled:		
Trimmed to 1/4 inch fat	13241	324
Trimmed to 0 inch fat	13440	325
Roasted, trimmed to 1/4 inch fat	13242	326
Select:		
Raw, trimmed to 1/4 inch fat	13243	327
Cooked:		
Broiled:		
Trimmed to 1/4 inch fat	13244	328
Trimmed to 0 inch fat	13441	329
Roasted, trimmed to 1/4 inch fat	13245	330
Prime, trimmed to 1/4 inch fat:		
Raw	13246	331
Cooked:		
Broiled	13247	332
Roasted	13248	333
Separable lean only, cooked:		
All grades:		
Broiled:		
Trimmed to 1/4 inch fat	13250	334
Trimmed to 0 inch fat	13442	335
Roasted:		
Trimmed to 1/4 inch fat	13251	336
Choice:		
Broiled:		
Trimmed to 1/4 inch fat	13253	337
Trimmed to 0 inch fat	13443	338
Roasted:		
Trimmed to 1/4 inch fat	13254	339
Select:		
Broiled:		
Trimmed to 1/4 inch fat	13256	340
Trimmed to 0 inch fat	13444	341
Roasted:		
Trimmed to 1/4 inch fat	13257	342
Prime, trimmed to 1/4 inch fat:		
Broiled	13259	343
Roasted	13260	344
Top sirloin:		
Separable lean and fat:		
All grades:		
Raw, trimmed to 1/4 inch fat	13277	345
Cooked, broiled:		
Trimmed to 1/4 inch fat	13278	346
Trimmed to 0 inch fat	13451	347

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Top sirloin, separable lean and fat, con.:		
Choice:		
Raw, trimmed to 1/4 inch fat	13279	348
Cooked:		
Broiled:		
Trimmed to 1/4 inch fat	13280	349
Trimmed to 0 inch fat	13452	350
Pan-fried, trimmed to 1/4 inch fat	13281	351
Select:		
Raw, trimmed to 1/4 inch fat	13282	352
Cooked, broiled:		
Trimmed to 1/4 inch fat	13283	353
Trimmed to 0 inch fat	13453	354
Separable lean only, cooked:		
All grades:		
Broiled:		
Trimmed to 1/4 inch fat	13287	355
Trimmed to 0 inch fat	13454	356
Choice:		
Broiled:		
Trimmed to 1/4 inch fat	13289	357
Trimmed to 0 inch fat	13455	358
Pan-fried:		
Trimmed to 1/4 inch fat	13290	359
Select:		
Broiled:		
Trimmed to 1/4 inch fat	13292	360
Trimmed to 0 inch fat	13456	361
Ground:		
Extra lean:		
Raw	13295	362
Cooked:		
Baked:		
Medium	13296	363
Well done	13297	364
Broiled:		
Medium	13298	365
Well done	13299	366
Pan-fried:		
Medium	13300	367
Well done	13301	368
Lean:		
Raw	13302	369
Cooked:		
Baked:		
Medium	13303	370
Well done	13304	371
Broiled:		
Medium	13305	372
Well done	13306	373
Pan-fried:		
Medium	13307	374
Well done	13308	375

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RETAIL CUTS, TRIMMED TO RETAIL LEVEL, Con.:		
Ground, Regular, con.:		
Raw	13309	376
Cooked:		
Baked:		
Medium	13310	377
Well done	13311	378
Broiled:		
Medium	13312	379
Well done	13313	380
Pan-fried:		
Medium	13314	381
Well done	13315	382
Patties, frozen:		
Raw	13316	383
Cooked, broiled, medium	13317	384
VARIETY MEATS AND BYPRODUCTS:		
Brain:		
Raw	13318	385
Cooked:		
Pan-fried	13319	386
Simmered	13320	387
Heart:		
Raw	13321	388
Cooked, simmered	13322	389
Kidneys:		
Raw	13323	390
Cooked, simmered	13324	391
Liver:		
Raw	13325	392
Cooked:		
Braised	13326	393
Pan-fried	13327	394
Lungs:		
Raw	13328	395
Cooked, braised	13329	396
Mechanically separated beef, raw	13330	397
Pancreas:		
Raw	13331	398
Cooked, braised	13332	399
Spleen:		
Raw	13333	400
Cooked, braised	13334	401
Suet, raw	13335	402
Tallow	13336	403
Thymus:		
Raw	13337	404
Cooked, braised	13338	405
Tongue:		
Raw	13339	406
Cooked, simmered	13340	407
Tripe, raw	13341	408

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CURED PRODUCTS:		
Breakfast strips:		
Raw or unheated	13344	409
Cooked	13345	410
Corned beef, brisket:		
Raw	13346	411
Cooked	13347	412

Table of Nutrient Data

[Blank spaces indicate a lack of data.]

BEEF, CARCASS, SEPARABLE LEAN AND FAT, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 19%[1]
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.26			259.73	16.23	209.29
Food energy	kcal	291			1,320	82	1,063
	kJ	1,218			5,524	345	4,451
Protein (N x 6.25)	g	17.32			78.56	4.91	63.32
Total lipid (fat)	g	24.05			109.10	6.82	87.91
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.81			3.66	0.23	2.95
Minerals:							
Calcium	mg	8			36	2	28
Iron	mg	1.83			8.30	0.52	6.69
Magnesium	mg	17			78	5	63
Phosphorus	mg	154			700	44	564
Potassium	mg	267			1,212	76	977
Sodium	mg	59			267	17	215
Zinc	mg	3.57			16.20	1.01	13.05
Copper	mg	0.069			0.312	0.019	0.251
Manganese	mg	0.013			0.060	0.004	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.35	0.02	0.28
Riboflavin	mg	0.16			0.75	0.05	0.60
Niacin	mg	3.54			16.06	1.00	12.94
Pantothenic acid	mg	0.32			1.46	0.09	1.17
Vitamin B-6	mg	0.33			1.49	0.09	1.20
Folate	mcg	7			30	2	24
Vitamin B-12	mcg	2.67			12.12	0.76	9.77
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.75			44.22	2.76	35.63
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.31	0.02	0.25
12:0	g	0.05			0.22	0.01	0.18
14:0	g	0.74			3.37	0.21	2.72
16:0	g	5.78			26.23	1.64	21.13
18:0	g	2.93			13.29	0.83	10.71
Monounsaturated, total	g	10.47			47.48	2.97	38.26
16:1	g	1.15			5.23	0.33	4.21
18:1	g	9.12			41.35	2.58	33.32
20:1	g	0.03			0.14	0.01	0.12
22:1	g						
Polyunsaturated, total	g	0.92			4.18	0.26	3.37
18:2	g	0.62			2.79	0.17	2.25
18:3	g	0.24			1.10	0.07	0.89
18:4	g						
20:4	g	0.05			0.23	0.01	0.19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	74			337	21	272
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.201		61	0.910	0.057	0.733
Threonine	g	0.746		79	3.385	0.212	2.728
Isoleucine	g	0.767		79	3.477	0.217	2.802
Leucine	g	1.376		79	6.241	0.390	5.029
Lysine	g	1.443		79	6.546	0.409	5.275
Methionine	g	0.430		76	1.952	0.122	1.573
Cystine	g	0.185		59	0.837	0.052	0.675
Phenylalanine	g	0.670		78	3.038	0.190	2.448
Tyrosine	g	0.568		78	2.576	0.161	2.076
Valine	g	0.842		78	3.818	0.239	3.076
Arginine	g	1.120		75	5.082	0.318	4.095
Histidine	g	0.579		78	2.626	0.164	2.116
Alanine	g	1.074		75	4.872	0.305	3.926
Aspartic acid	g	1.583		75	7.179	0.449	5.785
Glutamic acid	g	2.644		75	11.994	0.750	9.664
Glycine	g	1.061		75	4.813	0.301	3.878
Proline	g	0.804		75	3.645	0.228	2.937
Serine	g	0.665		75	3.018	0.189	2.432

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[1] Includes kidneys, hanging tender and pelvic, kidney, and heart fat.

BEEF, CARCASS, SEPARABLE LEAN AND FAT, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 20%[1]
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.21			264.06	16.50	210.73
Food energy	kcal	278			1,261	79	1,007
	kJ	1,164			5,280	330	4,214
Protein (N x 6.25)	g	17.48			79.31	4.96	63.29
Total lipid (fat)	g	22.55			102.30	6.39	81.64
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.82			3.71	0.23	2.96
Minerals:							
Calcium	mg	8			34	2	27
Iron	mg	1.85			8.38	0.52	6.69
Magnesium	mg	17			79	5	63
Phosphorus	mg	156			710	44	566
Potassium	mg	271			1,230	77	982
Sodium	mg	59			267	17	213
Zinc	mg	3.59			16.29	1.02	13.00
Copper	mg	0.069			0.314	0.020	0.251
Manganese	mg	0.013			0.060	0.004	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.36	0.02	0.29
Riboflavin	mg	0.17			0.75	0.05	0.60
Niacin	mg	3.54			16.07	1.00	12.83
Pantothenic acid	mg	0.32			1.46	0.09	1.17
Vitamin B-6	mg	0.33			1.52	0.09	1.21
Folate	mcg	7			30	2	24
Vitamin B-12	mcg	2.69			12.22	0.76	9.75
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.16			41.56	2.60	33.17
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.29	0.02	0.23
12:0	g	0.05			0.21	0.01	0.17
14:0	g	0.70			3.18	0.20	2.54
16:0	g	5.43			24.64	1.54	19.67
18:0	g	2.75			12.47	0.78	9.95
Monounsaturated, total	g	9.82			44.56	2.79	35.57
16:1	g	1.09			4.93	0.31	3.94
18:1	g	8.55			38.77	2.42	30.94
20:1	g	0.03			0.14	0.01	0.11
22:1	g						
Polyunsaturated, total	g	0.86			3.92	0.25	3.13
18:2	g	0.57			2.60	0.16	2.08
18:3	g	0.23			1.06	0.07	0.84
18:4	g						
20:4	g	0.05			0.21	0.01	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	74			334	21	267
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.202			0.917	0.057	0.732
Threonine	g	0.754			3.419	0.214	2.729
Isoleucine	g	0.774			3.513	0.220	2.803
Leucine	g	1.388			6.297	0.394	5.025
Lysine	g	1.456			6.607	0.413	5.272
Methionine	g	0.435			1.973	0.123	1.575
Cystine	g	0.187			0.848	0.053	0.676
Phenylalanine	g	0.676			3.068	0.192	2.448
Tyrosine	g	0.574			2.604	0.163	2.078
Valine	g	0.850			3.853	0.241	3.075
Arginine	g	1.129			5.122	0.320	4.088
Histidine	g	0.585			2.654	0.166	2.118
Alanine	g	1.082			4.910	0.307	3.918
Aspartic acid	g	1.597			7.246	0.453	5.782
Glutamic acid	g	2.666			12.094	0.756	9.652
Glycine	g	1.064			4.827	0.302	3.852
Proline	g	0.809			3.669	0.229	2.928
Serine	g	0.671			3.045	0.190	2.430

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[1] Includes kidneys, hanging tender and pelvic, kidney, and heart fat.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 1 lb = 453.6 g	1 oz = 28.35 g	**Refuse:** Bone 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.44			274.18	17.14	242.93
Food energy	kcal	251			1,140	71	1,010
	kJ	1,052			4,774	298	4,230
Protein (N x 6.25)	g	18.24			82.74	5.17	73.31
Total lipid (fat)	g	19.24			87.26	5.45	77.31
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.87			3.97	0.25	3.51
Minerals:							
Calcium	mg	7			32	2	28
Iron	mg	1.85			8.41	0.53	7.45
Magnesium	mg	19			84	5	74
Phosphorus	mg	173			783	49	694
Potassium	mg	297			1,349	84	1,195
Sodium	mg	56			256	16	227
Zinc	mg	3.66			16.58	1.04	14.69
Copper	mg	0.070			0.316	0.020	0.280
Manganese	mg	0.012			0.054	0.003	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.42	0.03	0.37
Riboflavin	mg	0.16			0.71	0.04	0.63
Niacin	mg	3.15			14.30	0.89	12.67
Pantothenic acid	mg	0.31			1.42	0.09	1.26
Vitamin B-6	mg	0.38			1.73	0.11	1.54
Folate	mcg	6			29	2	26
Vitamin B-12	mcg	2.89			13.12	0.82	11.62
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.80			35.37	2.21	31.34
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.29	0.02	0.26
12:0	g	0.04			0.20	0.01	0.18
14:0	g	0.62			2.79	0.17	2.47
16:0	g	4.70			21.32	1.33	18.89
18:0	g	2.36			10.71	0.67	9.49
Monounsaturated, total	g	8.33			37.78	2.36	33.47
16:1	g	0.97			4.38	0.27	3.88
18:1	g	7.33			33.24	2.08	29.45
20:1	g	0.03			0.12	0.01	0.11
22:1	g						
Polyunsaturated, total	g	0.71			3.22	0.20	2.85
18:2	g	0.46			2.06	0.13	1.83
18:3	g	0.23			1.04	0.06	0.92
18:4	g						
20:4	g	0.02			0.11	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			306	19	271
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.204			0.927	0.058	0.821
Threonine	g	0.797			3.614	0.226	3.202
Isoleucine	g	0.820			3.720	0.232	3.296
Leucine	g	1.442			6.540	0.409	5.794
Lysine	g	1.518			6.884	0.430	6.099
Methionine	g	0.467			2.118	0.132	1.877
Cystine	g	0.204			0.927	0.058	0.821
Phenylalanine	g	0.712			3.230	0.202	2.862
Tyrosine	g	0.613			2.780	0.174	2.463
Valine	g	0.387			4.024	0.252	3.566
Arginine	g	1.153			5.229	0.327	4.633
Histidine	g	0.625			2.833	0.177	2.510
Alanine	g	1.100			4.991	0.312	4.422
Aspartic acid	g	1.666			7.559	0.472	6.698
Glutamic acid	g	2.740			12.431	0.777	11.014
Glycine	g	0.995			4.514	0.282	4.000
Proline	g	0.806			3.654	0.228	3.237
Serine	g	0.698			3.164	0.198	2.803

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 285 g[1]	Refuse: Bone 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51.43			43.71	146.56	203.39
Food energy	kcal	305			259	869	1,206
	kJ	1,277			1,085	3,639	5,050
Protein (N x 6.25)	g	25.94			22.05	73.92	102.58
Total lipid (fat)	g	21.54			18.31	61.38	85.17
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.06			0.90	3.02	4.19
Minerals:							
Calcium	mg	10			8	28	38
Iron	mg	2.62			2.23	7.47	10.36
Magnesium	mg	22			19	64	89
Phosphorus	mg	203			173	579	803
Potassium	mg	313			266	892	1,238
Sodium	mg	62			52	176	244
Zinc	mg	5.85			4.98	16.68	23.15
Copper	mg	0.110			0.093	0.312	0.434
Manganese	mg	0.015			0.013	0.043	0.059
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.24	0.33
Riboflavin	mg	0.21			0.18	0.61	0.84
Niacin	mg	3.64			3.10	10.38	14.41
Pantothenic acid	mg	0.35			0.30	0.99	1.38
Vitamin B-6	mg	0.33			0.28	0.94	1.30
Folate	mcg	7			6	21	29
Vitamin B-12	mcg	2.44			2.07	6.95	9.64
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.54			7.26	24.35	33.79
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.16	0.22
12:0	g	0.05			0.05	0.15	0.21
14:0	g	0.68			0.58	1.94	2.69
16:0	g	5.24			4.45	14.92	20.71
18:0	g	2.50			2.13	7.13	9.89
Monounsaturated, total	g	9.22			7.84	26.29	36.48
16:1	g	0.89			0.75	2.53	3.51
18:1	g	8.29			7.05	23.63	32.79
20:1	g	0.04			0.03	0.10	0.14
22:1	g						
Polyunsaturated, total	g	0.78			0.67	2.23	3.10
18:2	g	0.53			0.45	1.50	2.09
18:3	g	0.22			0.19	0.64	0.89
18:4	g						
20:4	g	0.03			0.03	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	88			75	251	348
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.290			0.247	0.828	1.149
Threonine	g	1.133			0.963	3.229	4.481
Isoleucine	g	1.166			0.991	3.323	4.612
Leucine	g	2.050			1.743	5.843	8.108
Lysine	g	2.158			1.834	6.150	8.535
Methionine	g	0.664			0.564	1.892	2.626
Cystine	g	0.290			0.247	0.828	1.149
Phenylalanine	g	1.013			0.861	2.886	4.005
Tyrosine	g	0.871			0.741	2.484	3.447
Valine	g	1.262			1.072	3.595	4.989
Arginine	g	1.639			1.393	4.672	6.483
Histidine	g	0.888			0.755	2.531	3.512
Alanine	g	1.564			1.330	4.459	6.188
Aspartic acid	g	2.370			2.014	6.753	9.372
Glutamic acid	g	3.897			3.312	11.106	15.4[illegible]1
Glycine	g	1.415			1.203	4.033	5.597
Proline	g	1.145			0.974	3.264	4.530
Serine	g	0.992			0.843	2.827	3.923

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 279 g[1]	Refuse: Bone 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.93			45.84	150.47	212.81
Food energy	kcal	273			232	763	1,079
	kJ	1,144			973	3,193	4,516
Protein (N x 6.25)	g	27.33			23.23	76.26	107.85
Total lipid (fat)	g	17.37			14.76	48.46	68.54
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.13			0.96	3.14	4.45
Minerals:							
Calcium	mg	9			8	26	36
Iron	mg	2.73			2.32	7.62	10.78
Magnesium	mg	23			20	65	92
Phosphorus	mg	211			179	588	832
Potassium	mg	323			275	902	1,276
Sodium	mg	62			53	174	246
Zinc	mg	6.06			5.15	16.92	23.92
Copper	mg	0.106			0.090	0.296	0.419
Manganese	mg	0.016			0.014	0.045	0.064
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.23	0.33
Riboflavin	mg	0.22			0.19	0.62	0.87
Niacin	mg	3.68			3.13	10.27	14.52
Pantothenic acid	mg	0.36			0.30	0.99	1.40
Vitamin B-6	mg	0.33			0.28	0.91	1.29
Folate	mcg	7			6	21	29
Vitamin B-12	mcg	2.51			2.13	7.00	9.91
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.85			5.82	19.12	27.04
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.11	0.16
12:0	g	0.04			0.03	0.11	0.15
14:0	g	0.54			0.46	1.51	2.13
16:0	g	4.18			3.56	11.67	16.51
18:0	g	2.03			1.73	5.68	8.03
Monounsaturated, total	g	7.41			6.30	20.69	29.26
16:1	g	0.70			0.59	1.95	2.76
18:1	g	6.68			5.68	18.63	26.36
20:1	g	0.03			0.02	0.07	0.10
22:1	g						
Polyunsaturated, total	g	0.63			0.53	1.75	2.48
18:2	g	0.43			0.37	1.21	1.71
18:3	g	0.16			0.14	0.45	0.64
18:4	g						
20:4	g	0.03			0.03	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	87			74	244	345
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.306			0.260	0.854	1.208
Threonine	g	1.194			1.015	3.331	4.711
Isoleucine	g	1.229			1.045	3.428	4.849
Leucine	g	2.160			1.836	6.027	8.525
Lysine	g	2.274			1.933	6.345	8.973
Methionine	g	0.700			0.595	1.952	2.761
Cystine	g	0.306			0.260	0.854	1.208
Phenylalanine	g	1.067			0.907	2.977	4.211
Tyrosine	g	0.918			0.781	2.562	3.624
Valine	g	1.329			1.130	3.709	5.246
Arginine	g	1.727			1.468	4.819	6.816
Histidine	g	0.936			0.795	2.611	3.693
Alanine	g	1.649			1.401	4.600	6.506
Aspartic acid	g	2.497			2.123	6.967	9.853
Glutamic acid	g	4.106			3.490	11.457	16.204
Glycine	g	1.491			1.268	4.161	5.884
Proline	g	1.207			1.026	3.367	4.763
Serine	g	1.045			0.888	2.916	4.124

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.85			271.47	16.97	239.99
Food energy	kcal	259			1,177	74	1,040
	kJ	1,086			4,926	308	4,355
Protein (N x 6.25)	g	18.17			82.40	5.15	72.85
Total lipid (fat)	g	20.16			91.45	5.72	80.85
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.87			3.95	0.25	3.49
Minerals:							
Calcium	mg	7			32	2	28
Iron	mg	1.85			8.37	0.52	7.40
Magnesium	mg	18			84	5	74
Phosphorus	mg	172			780	49	689
Potassium	mg	296			1,342	84	1,186
Sodium	mg	56			255	16	226
Zinc	mg	3.63			16.47	1.03	14.56
Copper	mg	0.065			0.296	0.018	0.262
Manganese	mg	0.011			0.052	0.003	0.046
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.42	0.03	0.37
Riboflavin	mg	0.16			0.71	0.04	0.63
Niacin	mg	3.14			14.26	0.89	12.61
Pantothenic acid	mg	0.31			1.42	0.09	1.25
Vitamin B-6	mg	0.38			1.73	0.11	1.53
Folate	mcg	6			29	2	25
Vitamin B-12	mcg	2.88			13.06	0.82	11.55
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	8.16			37.01	2.31	32.72
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.30	0.02	0.26
12:0	g	0.05			0.21	0.01	0.19
14:0	g	0.64			2.92	0.18	2.58
16:0	g	4.92			22.32	1.39	19.73
18:0	g	2.47			11.21	0.70	9.91
Monounsaturated, total	g	8.72			39.57	2.47	34.98
16:1	g	1.01			4.57	0.29	4.04
18:1	g	7.68			34.84	2.18	30.80
20:1	g	0.03			0.13	0.01	0.11
22:1	g						
Polyunsaturated, total	g	0.74			3.37	0.21	2.98
18:2	g	0.48			2.17	0.14	1.92
18:3	g	0.24			1.07	0.07	0.95
18:4	g						
20:4	g	0.03			0.12	0.01	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68			307	19	271
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.203			0.923	0.058	0.816
Threonine	g	0.793			3.599	0.225	3.182
Isoleucine	g	0.817			3.705	0.232	3.275
Leucine	g	1.436			6.513	0.407	5.758
Lysine	g	1.511			6.856	0.428	6.061
Methionine	g	0.465			2.109	0.132	1.865
Cystine	g	0.203			0.923	0.058	0.816
Phenylalanine	g	0.709			3.217	0.201	2.844
Tyrosine	g	0.610			2.769	0.173	2.448
Valine	g	0.884			4.008	0.250	3.543
Arginine	g	1.148			5.208	0.325	4.604
Histidine	g	0.622			2.821	0.176	2.494
Alanine	g	1.096			4.970	0.311	4.394
Aspartic acid	g	1.660			7.528	0.471	6.655
Glutamic acid	g	2.729			12.380	0.774	10.944
Glycine	g	0.991			4.496	0.281	3.974
Proline	g	0.802			3.639	0.227	3.217
Serine	g	0.695			3.151	0.197	2.786

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 283 g[1]	Refuse: Bone 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50.09			42.58	141.75	197.20
Food energy	kcal	322			274	911	1,267
	kJ	1,347			1,145	3,813	5,305
Protein (N x 6.25)	g	25.48			21.66	72.10	100.30
Total lipid (fat)	g	23.63			20.08	66.86	93.01
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04			0.88	2.94	4.09
Minerals:							
Calcium	mg	10			8	28	38
Iron	mg	2.57			2.18	7.27	10.12
Magnesium	mg	22			19	62	86
Phosphorus	mg	199			169	564	784
Potassium	mg	306			260	867	1,207
Sodium	mg	61			52	173	240
Zinc	mg	5.74			4.88	16.25	22.61
Copper	mg	0.101			0.085	0.285	0.396
Manganese	mg	0.014			0.012	0.039	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.23	0.32
Riboflavin	mg	0.21			0.18	0.59	0.82
Niacin	mg	3.57			3.04	10.11	14.07
Pantothenic acid	mg	0.34			0.29	0.97	1.35
Vitamin B-6	mg	0.32			0.27	0.91	1.27
Folate	mcg	7			6	20	28
Vitamin B-12	mcg	2.41			2.05	6.83	9.51
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.38			7.97	26.54	36.92
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.18	0.25
12:0	g	0.06			0.05	0.17	0.24
14:0	g	0.75			0.64	2.12	2.95
16:0	g	5.75			4.89	16.28	22.65
18:0	g	2.74			2.33	7.75	10.78
Monounsaturated, total	g	10.12			8.60	28.65	39.85
16:1	g	0.98			0.83	2.77	3.85
18:1	g	9.09			7.73	25.74	35.81
20:1	g	0.04			0.03	0.11	0.16
22:1	g						
Polyunsaturated, total	g	0.86			0.73	2.44	3.39
18:2	g	0.58			0.49	1.63	2.27
18:3	g	0.25			0.21	0.71	0.98
18:4	g						
20:4	g	0.03			0.03	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	88			75	250	347
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.285			0.243	0.808	1.123
Threonine	g	1.113			0.946	3.149	4.381
Isoleucine	g	1.145			0.974	3.242	4.510
Leucine	g	2.014			1.712	5.699	7.928
Lysine	g	2.120			1.802	5.999	8.345
Methionine	g	0.652			0.554	1.846	2.568
Cystine	g	0.285			0.243	0.808	1.123
Phenylalanine	g	0.995			0.845	2.815	3.916
Tyrosine	g	0.856			0.728	2.423	3.370
Valine	g	1.239			1.053	3.507	4.879
Arginine	g	1.610			1.369	4.557	6.339
Histidine	g	0.872			0.741	2.469	3.434
Alanine	g	1.537			1.306	4.349	6.050
Aspartic acid	g	2.328			1.978	6.587	9.164
Glutamic acid	g	3.828			3.254	10.832	15.070
Glycine	g	1.390			1.182	3.934	5.473
Proline	g	1.125			0.956	3.184	4.429
Serine	g	0.974			0.828	2.757	3.836

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 279 g[1]	Refuse: Bone 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	53.22			45.23	148.48	210.21
Food energy	*kcal*	283			241	791	1,119
	kJ	1,186			1,008	3,310	4,686
Protein (N x 6.25)	*g*	27.21			23.13	75.92	107.48
Total lipid (fat)	*g*	18.54			15.75	51.71	73.21
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.12			0.95	3.13	4.43
Minerals:							
Calcium	*mg*	9			8	26	36
Iron	*mg*	2.72			2.31	7.59	10.74
Magnesium	*mg*	23			20	65	92
Phosphorus	*mg*	210			178	585	829
Potassium	*mg*	322			274	898	1,271
Sodium	*mg*	62			53	174	246
Zinc	*mg*	6.02			5.12	16.81	23.79
Copper	*mg*	0.113			0.096	0.316	0.447
Manganese	*mg*	0.017			0.015	0.049	0.069
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.23	0.33
Riboflavin	*mg*	0.22			0.19	0.61	0.87
Niacin	*mg*	3.67			3.12	10.23	14.48
Pantothenic acid	*mg*	0.35			0.30	0.99	1.40
Vitamin B-6	*mg*	0.32			0.28	0.91	1.28
Folate	*mcg*	7			6	21	29
Vitamin B-12	*mcg*	2.50			2.13	6.99	9.89
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	7.31			6.21	20.38	28.86
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.04			0.04	0.12	0.17
12:0	*g*	0.04			0.03	0.11	0.16
14:0	*g*	0.58			0.49	1.60	2.27
16:0	*g*	4.46			3.79	12.44	17.61
18:0	*g*	2.17			1.85	6.05	8.58
Monounsaturated, total	*g*	7.91			6.72	22.06	31.24
16:1	*g*	0.74			0.63	2.08	2.94
18:1	*g*	7.13			6.06	19.88	28.15
20:1	*g*	0.03			0.02	0.08	0.11
22:1	*g*						
Polyunsaturated, total	*g*	0.67			0.57	1.87	2.64
18:2	*g*	0.46			0.39	1.29	1.83
18:3	*g*	0.17			0.14	0.47	0.67
18:4	*g*						
20:4	*g*	0.04			0.03	0.10	0.14
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	87			74	244	346
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.305			0.259	0.850	1.204
Threonine	*g*	1.189			1.010	3.316	4.695
Isoleucine	*g*	1.223			1.040	3.413	4.832
Leucine	*g*	2.151			1.828	6.000	8.495
Lysine	*g*	2.264			1.924	6.316	8.942
Methionine	*g*	0.697			0.592	1.943	2.751
Cystine	*g*	0.305			0.259	0.850	1.204
Phenylalanine	*g*	1.062			0.903	2.964	4.196
Tyrosine	*g*	0.914			0.777	2.551	3.611
Valine	*g*	1.324			1.125	3.693	5.228
Arginine	*g*	1.720			1.462	4.798	6.793
Histidine	*g*	0.932			0.792	2.599	3.680
Alanine	*g*	1.641			1.395	4.579	6.483
Aspartic acid	*g*	2.486			2.113	6.936	9.810
Glutamic acid	*g*	4.088			3.475	11.406	16.148
Glycine	*g*	1.485			1.262	4.142	5.864
Proline	*g*	1.202			1.021	3.352	4.746
Serine	*g*	1.041			0.884	2.903	4.110

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.75			280.10	17.51	248.43
Food energy	kcal	236			1,070	67	949
	kJ	988			4,480	280	3,974
Protein (N x 6.25)	g	18.47			83.77	5.24	74.29
Total lipid (fat)	g	17.42			79.00	4.94	70.07
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.89			4.03	0.25	3.57
Minerals:							
Calcium	mg	7			32	2	28
Iron	mg	1.88			8.52	0.53	7.56
Magnesium	mg	19			86	5	76
Phosphorus	mg	175			794	50	704
Potassium	mg	303			1,373	86	1,217
Sodium	mg	57			259	16	230
Zinc	mg	3.71			16.83	1.05	14.93
Copper	mg	0.070			0.319	0.020	0.283
Manganese	mg	0.013			0.057	0.004	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.43	0.03	0.38
Riboflavin	mg	0.16			0.72	0.04	0.64
Niacin	mg	3.19			14.48	0.91	12.84
Pantothenic acid	mg	0.32			1.44	0.09	1.28
Vitamin B-6	mg	0.39			1.76	0.11	1.56
Folate	mcg	6			29	2	26
Vitamin B-12	mcg	2.92			13.25	0.83	11.75
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	7.07			32.08	2.00	28.44
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.26	0.02	0.23
12:0	g	0.04			0.19	0.01	0.16
14:0	g	0.56			2.53	0.16	2.25
16:0	g	4.26			19.33	1.21	17.14
18:0	g	2.14			9.70	0.61	8.60
Monounsaturated, total	g	7.54			34.22	2.14	30.35
16:1	g	0.88			3.98	0.25	3.53
18:1	g	6.63			30.09	1.88	26.69
20:1	g	0.02			0.11	0.01	0.10
22:1	g						
Polyunsaturated, total	g	0.64			2.91	0.18	2.58
18:2	g	0.41			1.86	0.12	1.65
18:3	g	0.21			0.95	0.06	0.84
18:4	g						
20:4	g	0.02			0.10	0.01	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			303	19	269
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.207			0.938	0.059	0.832
Threonine	g	0.807			3.659	0.229	3.245
Isoleucine	g	0.830			3.766	0.235	3.340
Leucine	g	1.460			6.621	0.414	5.872
Lysine	g	1.536			6.970	0.436	6.181
Methionine	g	0.473			2.144	0.134	1.902
Cystine	g	0.207			0.938	0.059	0.832
Phenylalanine	g	0.721			3.270	0.204	2.900
Tyrosine	g	0.621			2.815	0.176	2.496
Valine	g	0.898			4.075	0.255	3.614
Arginine	g	1.167			5.294	0.331	4.695
Histidine	g	0.632			2.868	0.179	2.544
Alanine	g	1.114			5.053	0.316	4.481
Aspartic acid	g	1.687			7.653	0.478	6.788
Glutamic acid	g	2.775			12.585	0.787	11.162
Glycine	g	1.008			4.570	0.286	4.054
Proline	g	0.816			3.699	0.231	3.281
Serine	g	0.705			3.203	0.200	2.841

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 283 g[1]	Refuse: Bone 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.49			44.62	148.54	205.96
Food energy	kcal	291			247	824	1,142
	kJ	1,219			1,036	3,448	4,782
Protein (N x 6.25)	g	26.17			22.24	74.05	102.68
Total lipid (fat)	g	19.88			16.90	56.27	78.03
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.07			0.91	3.03	4.20
Minerals:							
Calcium	mg	10			8	27	38
Iron	mg	2.65			2.25	7.49	10.39
Magnesium	mg	23			19	64	89
Phosphorus	mg	205			174	580	805
Potassium	mg	316			268	894	1,239
Sodium	mg	62			53	175	243
Zinc	mg	5.94			5.05	16.81	23.30
Copper	mg	0.111			0.094	0.313	0.434
Manganese	mg	0.015			0.013	0.043	0.059
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.24	0.33
Riboflavin	mg	0.21			0.18	0.61	0.84
Niacin	mg	3.67			3.12	10.38	14.39
Pantothenic acid	mg	0.35			0.30	0.99	1.38
Vitamin B-6	mg	0.33			0.28	0.94	1.30
Folate	mcg	7			6	21	29
Vitamin B-12	mcg	2.45			2.08	6.94	9.62
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.88			6.70	22.29	30.91
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.05	0.15	0.21
12:0	g	0.05			0.04	0.14	0.20
14:0	g	0.63			0.53	1.78	2.47
16:0	g	4.83			4.10	13.66	18.94
18:0	g	2.30			1.96	6.51	9.03
Monounsaturated, total	g	8.50			7.22	24.05	33.35
16:1	g	0.82			0.70	2.32	3.22
18:1	g	7.63			6.49	21.60	29.96
20:1	g	0.03			0.03	0.10	0.13
22:1	g						
Polyunsaturated, total	g	0.72			0.61	2.04	2.83
18:2	g	0.48			0.41	1.37	1.90
18:3	g	0.21			0.18	0.59	0.82
18:4	g						
20:4	g	0.03			0.02	0.08	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	245	339
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.293			0.249	0.829	1.150
Threonine	g	1.143			0.972	3.235	4.485
Isoleucine	g	1.176			1.000	3.329	4.616
Leucine	g	2.068			1.758	5.853	8.116
Lysine	g	2.177			1.851	6.161	8.543
Methionine	g	0.670			0.569	1.896	2.629
Cystine	g	0.293			0.249	0.829	1.150
Phenylalanine	g	1.022			0.868	2.891	4.009
Tyrosine	g	0.879			0.747	2.488	3.450
Valine	g	1.273			1.082	3.602	4.994
Arginine	g	1.654			1.406	4.680	6.489
Histidine	g	0.896			0.762	2.536	3.516
Alanine	g	1.578			1.342	4.467	6.194
Aspartic acid	g	2.391			2.032	6.765	9.381
Glutamic acid	g	3.931			3.342	11.126	15.427
Glycine	g	1.428			1.214	4.040	5.602
Proline	g	1.156			0.982	3.270	4.534
Serine	g	1.001			0.851	2.832	3.926

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 279 g[1]	Refuse: Bone 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.84			46.61	152.99	216.38
Food energy	kcal	261			222	728	1,029
	kJ	1,092			928	3,047	4,309
Protein (N x 6.25)	g	27.47			23.35	76.63	108.38
Total lipid (fat)	g	15.92			13.53	44.42	62.82
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.13			0.96	3.16	4.46
Minerals:							
Calcium	mg	9			8	26	36
Iron	mg	2.75			2.34	7.67	10.85
Magnesium	mg	23			20	66	93
Phosphorus	mg	212			180	591	836
Potassium	mg	325			276	906	1,281
Sodium	mg	63			53	175	247
Zinc	mg	6.11			5.19	17.05	24.11
Copper	mg	0.107			0.091	0.298	0.42[illegible]
Manganese	mg	0.016			0.014	0.046	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.24	0.33
Riboflavin	mg	0.22			0.19	0.62	0.87
Niacin	mg	3.69			3.14	10.30	14.57
Pantothenic acid	mg	0.36			0.30	1.00	1.41
Vitamin B-6	mg	0.33			0.28	0.91	1.29
Folate	mcg	7			6	21	29
Vitamin B-12	mcg	2.52			2.14	7.02	9.93
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.27			5.33	17.50	24.75
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.11	0.15
12:0	g	0.04			0.03	0.10	0.14
14:0	g	0.50			0.42	1.38	1.96
16:0	g	3.83			3.26	10.68	15.11
18:0	g	1.86			1.58	5.18	7.32
Monounsaturated, total	g	6.78			5.76	18.91	26.74
16:1	g	0.64			0.55	1.79	2.54
18:1	g	6.10			5.18	17.02	24.07
20:1	g	0.02			0.02	0.07	0.10
22:1	g						
Polyunsaturated, total	g	0.57			0.49	1.60	2.26
18:2	g	0.39			0.33	1.10	1.55
18:3	g	0.15			0.13	0.42	0.60
18:4	g						
20:4	g	0.03			0.02	0.08	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	240	339
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.308			0.261	0.858	1.214
Threonine	g	1.200			1.020	3.347	4.734
Isoleucine	g	1.235			1.050	3.445	4.873
Leucine	g	2.171			1.845	6.057	8.566
Lysine	g	2.285			1.942	6.376	9.017
Methionine	g	0.703			0.598	1.962	2.775
Cystine	g	0.308			0.261	0.858	1.214
Phenylalanine	g	1.072			0.911	2.992	4.231
Tyrosine	g	0.923			0.784	2.575	3.642
Valine	g	1.336			1.136	3.727	5.272
Arginine	g	1.736			1.475	4.843	6.850
Histidine	g	0.940			0.799	2.624	3.711
Alanine	g	1.657			1.408	4.622	6.538
Aspartic acid	g	2.509			2.133	7.001	9.902
Glutamic acid	g	4.126			3.508	11.513	16.283
Glycine	g	1.499			1.274	4.181	5.913
Proline	g	1.213			1.031	3.384	4.786
Serine	g	1.050			0.893	2.930	4.144

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.83			262.31	16.39	238.19
Food energy	kcal	288			1,307	82	1,187
	kJ	1,206			5,472	342	4,969
Protein (N x 6.25)	g	18.28			82.91	5.18	75.29
Total lipid (fat)	g	23.30			105.68	6.61	95.97
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.84			3.82	0.24	3.47
Minerals:							
Calcium	mg	7			30	2	27
Iron	mg	1.79			8.11	0.51	7.36
Magnesium	mg	19			84	5	76
Phosphorus	mg	171			777	49	705
Potassium	mg	297			1,349	84	1,225
Sodium	mg	53			239	15	217
Zinc	mg	3.38			15.34	0.96	13.93
Copper	mg	0.068			0.307	0.019	0.278
Manganese	mg	0.012			0.055	0.003	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.40	0.03	0.36
Riboflavin	mg	0.15			0.68	0.04	0.62
Niacin	mg	3.32			15.06	0.94	13.67
Pantothenic acid	mg	0.31			1.41	0.09	1.28
Vitamin B-6	mg	0.38			1.71	0.11	1.55
Folate	mcg	6			29	2	26
Vitamin B-12	mcg	2.78			12.59	0.79	11.44
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.56			43.36	2.71	39.37
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.32	0.02	0.29
12:0	g	0.05			0.23	0.01	0.21
14:0	g	0.74			3.35	0.21	3.05
16:0	g	5.67			25.74	1.61	23.37
18:0	g	2.87			13.03	0.81	11.83
Monounsaturated, total	g	10.13			45.94	2.87	41.71
16:1	g	1.13			5.12	0.32	4.65
18:1	g	8.83			40.06	2.50	36.38
20:1	g	0.03			0.15	0.01	0.13
22:1	g						
Polyunsaturated, total	g	0.87			3.95	0.25	3.59
18:2	g	0.57			2.58	0.16	2.34
18:3	g	0.25			1.15	0.07	1.05
18:4	g						
20:4	g	0.04			0.16	0.01	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68			307	19	279
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.205			0.929	0.058	0.843
Threonine	g	0.798			3.622	0.226	3.289
Isoleucine	g	0.822			3.728	0.233	3.385
Leucine	g	1.445			6.554	0.410	5.951
Lysine	g	1.521			6.898	0.431	6.264
Methionine	g	0.468			2.123	0.133	1.927
Cystine	g	0.205			0.929	0.058	0.843
Phenylalanine	g	0.714			3.237	0.202	2.939
Tyrosine	g	0.614			2.786	0.174	2.530
Valine	g	0.889			4.033	0.252	3.662
Arginine	g	1.155			5.240	0.328	4.758
Histidine	g	0.626			2.839	0.177	2.578
Alanine	g	1.103			5.001	0.313	4.542
Aspartic acid	g	1.670			7.575	0.473	6.879
Glutamic acid	g	2.746			12.457	0.779	11.312
Glycine	g	0.997			4.524	0.283	4.108
Proline	g	0.807			3.661	0.229	3.325
Serine	g	0.699			3.171	0.198	2.879

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 289 g[1]	Refuse: Bone 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50.67			43.07	146.44	203.39
Food energy	kcal	322			273	930	1,291
	kJ	1,347			1,145	3,892	5,406
Protein (N x 6.25)	g	25.62			21.77	74.03	102.82
Total lipid (fat)	g	23.54			20.01	68.04	94.50
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08			0.92	3.11	4.32
Minerals:							
Calcium	mg	9			8	26	37
Iron	mg	2.45			2.08	7.07	9.82
Magnesium	mg	24			20	68	95
Phosphorus	mg	198			168	572	795
Potassium	mg	347			295	1,003	1,393
Sodium	mg	62			53	180	250
Zinc	mg	5.45			4.63	15.74	21.86
Copper	mg	0.102			0.087	0.294	0.409
Manganese	mg	0.015			0.012	0.042	0.059
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.26	0.36
Riboflavin	mg	0.21			0.18	0.60	0.84
Niacin	mg	4.28			3.64	12.38	17.19
Pantothenic acid	mg	0.37			0.31	1.07	1.48
Vitamin B-6	mg	0.37			0.31	1.06	1.47
Folate	mcg	8			7	23	32
Vitamin B-12	mcg	2.45			2.09	7.09	9.85
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.49			8.07	27.43	38.10
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.05	0.16	0.22
12:0	g	0.05			0.04	0.15	0.21
14:0	g	0.74			0.63	2.13	2.96
16:0	g	5.67			4.82	16.39	22.76
18:0	g	2.78			2.36	8.03	11.15
Monounsaturated, total	g	10.08			8.57	29.13	40.45
16:1	g	0.93			0.79	2.68	3.72
18:1	g	8.96			7.61	25.89	35.95
20:1	g	0.04			0.03	0.10	0.14
22:1	g						
Polyunsaturated, total	g	0.86			0.73	2.49	3.46
18:2	g	0.58			0.50	1.69	2.35
18:3	g	0.22			0.18	0.62	0.86
18:4	g						
20:4	g	0.04			0.04	0.13	0.18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			71	240	333
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.287			0.244	0.829	1.152
Threonine	g	1.119			0.951	3.234	4.491
Isoleucine	g	1.152			0.979	3.328	4.623
Leucine	g	2.025			1.721	5.851	8.127
Lysine	g	2.131			1.812	6.159	8.555
Methionine	g	0.656			0.557	1.895	2.632
Cystine	g	0.287			0.244	0.829	1.152
Phenylalanine	g	1.000			0.850	2.890	4.014
Tyrosine	g	0.861			0.732	2.487	3.455
Valine	g	1.246			1.059	3.601	5.001
Arginine	g	1.619			1.376	4.679	6.498
Histidine	g	0.877			0.746	2.535	3.521
Alanine	g	1.545			1.313	4.465	6.202
Aspartic acid	g	2.340			1.989	6.763	9.394
Glutamic acid	g	3.849			3.271	11.122	15.448
Glycine	g	1.398			1.188	4.039	5.610
Proline	g	1.131			0.962	3.269	4.541
Serine	g	0.980			0.833	2.831	3.932

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 11% Separable fat 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.62			320.35	20.02	227.48
Food energy	kcal	144			655	41	465
	kJ	604			2,741	171	1,946
Protein (N x 6.25)	g	20.78			94.25	5.89	66.93
Total lipid (fat)	g	6.16			27.96	1.75	19.86
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.02			4.65	0.29	3.30
Minerals:							
Calcium	mg	6			29	2	20
Iron	mg	2.13			9.68	0.61	6.88
Magnesium	mg	22			102	6	72
Phosphorus	mg	199			903	56	642
Potassium	mg	356			1,615	101	1,147
Sodium	mg	63			288	18	204
Zinc	mg	4.33			19.64	1.23	13.95
Copper	mg	0.079			0.358	0.022	0.254
Manganese	mg	0.013			0.061	0.004	0.043
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.48	0.03	0.34
Riboflavin	mg	0.18			0.81	0.05	0.57
Niacin	mg	3.59			16.30	1.02	11.57
Pantothenic acid	mg	0.36			1.62	0.10	1.15
Vitamin B-6	mg	0.44			1.98	0.12	1.41
Folate	mcg	7			33	2	23
Vitamin B-12	mcg	3.25			14.76	0.92	10.48
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.32			10.51	0.66	7.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.01	0.00	0.00
12:0	g	0.00			0.01	0.00	0.01
14:0	g	0.17			0.76	0.05	0.54
16:0	g	1.40			6.37	0.40	4.52
18:0	g	0.73			3.30	0.21	2.35
Monounsaturated, total	g	2.61			11.82	0.74	8.39
16:1	g	0.23			1.04	0.06	0.74
18:1	g	2.36			10.72	0.67	7.61
20:1	g	0.01			0.03	0.00	0.02
22:1	g						
Polyunsaturated, total	g	0.24			1.09	0.07	0.77
18:2	g	0.19			0.88	0.05	0.62
18:3	g	0.02			0.07	0.00	0.05
18:4	g						
20:4	g	0.03			0.14	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59			270	17	192
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.233			1.056	0.066	0.750
Threonine	g	0.908			4.117	0.257	2.923
Isoleucine	g	0.934			4.237	0.265	3.009
Leucine	g	1.642			7.449	0.466	5.290
Lysine	g	1.729			7.841	0.490	5.568
Methionine	g	0.532			2.413	0.151	1.713
Cystine	g	0.233			1.056	0.066	0.750
Phenylalanine	g	0.811			3.679	0.230	2.613
Tyrosine	g	0.698			3.167	0.198	2.249
Valine	g	1.011			4.584	0.287	3.255
Arginine	g	1.313			5.957	0.372	4.230
Histidine	g	0.711			3.227	0.202	2.292
Alanine	g	1.253			5.685	0.355	4.037
Aspartic acid	g	1.898			8.611	0.538	6.114
Glutamic acid	g	3.122			14.160	0.885	10.055
Glycine	g	1.134			5.142	0.321	3.651
Proline	g	0.918			4.162	0.260	2.955
Serine	g	0.795			3.604	0.225	2.559

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 229 g[1]	Refuse: Bone 11% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	59.25			50.36	135.69	188.12
Food energy	*kcal*	216			183	494	685
	kJ	903			767	2,067	2,866
Protein (N x 6.25)	*g*	29.58			25.14	67.73	93.91
Total lipid (fat)	*g*	9.91			8.42	22.69	31.46
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.20			1.02	2.76	3.82
Minerals:							
Calcium	*mg*	9			7	20	28
Iron	*mg*	2.99			2.54	6.85	9.50
Magnesium	*mg*	26			22	60	84
Phosphorus	*mg*	233			198	534	741
Potassium	*mg*	360			306	823	1,141
Sodium	*mg*	67			57	152	211
Zinc	*mg*	6.93			5.89	15.87	22.01
Copper	*mg*	0.125			0.106	0.286	0.397
Manganese	*mg*	0.017			0.014	0.039	0.053
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.08	0.22	0.30
Riboflavin	*mg*	0.24			0.21	0.56	0.77
Niacin	*mg*	4.13			3.51	9.47	13.12
Pantothenic acid	*mg*	0.40			0.34	0.90	1.25
Vitamin B-6	*mg*	0.37			0.32	0.86	1.19
Folate	*mcg*	8			7	19	26
Vitamin B-12	*mcg*	2.64			2.24	6.04	8.38
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	3.79			3.22	8.67	12.02
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.00	0.01	0.02
12:0	*g*	0.01			0.01	0.02	0.02
14:0	*g*	0.28			0.24	0.65	0.90
16:0	*g*	2.25			1.91	5.15	7.14
18:0	*g*	1.22			1.04	2.80	3.89
Monounsaturated, total	*g*	4.17			3.54	9.54	13.23
16:1	*g*	0.35			0.30	0.80	1.11
18:1	*g*	3.80			3.23	8.70	12.06
20:1	*g*	0.00			0.00	0.01	0.01
22:1	*g*						
Polyunsaturated, total	*g*	0.34			0.29	0.77	1.07
18:2	*g*	0.27			0.23	0.61	0.85
18:3	*g*	0.03			0.02	0.07	0.09
18:4	*g*						
20:4	*g*	0.04			0.03	0.09	0.12
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	86			73	198	274
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.331			0.282	0.759	1.052
Threonine	*g*	1.292			1.098	2.959	4.102
Isoleucine	*g*	1.330			1.130	3.045	4.222
Leucine	*g*	2.338			1.987	5.354	7.423
Lysine	*g*	2.461			2.092	5.635	7.813
Methionine	*g*	0.757			0.644	1.734	2.404
Cystine	*g*	0.331			0.282	0.759	1.052
Phenylalanine	*g*	1.155			0.981	2.644	3.666
Tyrosine	*g*	0.994			0.845	2.276	3.155
Valine	*g*	1.439			1.223	3.294	4.568
Arginine	*g*	1.869			1.589	4.281	5.935
Histidine	*g*	1.013			0.861	2.319	3.215
Alanine	*g*	1.784			1.516	4.086	5.665
Aspartic acid	*g*	2.702			2.297	6.188	8.579
Glutamic acid	*g*	4.444			3.777	10.176	14.109
Glycine	*g*	1.614			1.372	3.695	5.124
Proline	*g*	1.306			1.110	2.991	4.147
Serine	*g*	1.131			0.961	2.590	3.591

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 242 g[1]	Refuse: Bone 13% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.33			50.43	143.58	201.60
Food energy	kcal	211			180	511	718
	kJ	885			752	2,141	3,006
Protein (N x 6.25)	g	29.88			25.40	72.31	101.54
Total lipid (fat)	g	9.28			7.89	22.46	31.53
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.04	2.97	4.18
Minerals:							
Calcium	mg	8			7	20	29
Iron	mg	2.99			2.54	7.23	10.16
Magnesium	mg	26			22	63	88
Phosphorus	mg	231			197	560	786
Potassium	mg	355			301	858	1,205
Sodium	mg	66			56	159	223
Zinc	mg	6.78			5.76	16.41	23.04
Copper	mg	0.124			0.106	0.301	0.422
Manganese	mg	0.019			0.016	0.046	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.22	0.31
Riboflavin	mg	0.24			0.20	0.58	0.82
Niacin	mg	4.00			3.40	9.69	13.61
Pantothenic acid	mg	0.39			0.33	0.94	1.31
Vitamin B-6	mg	0.35			0.30	0.86	1.21
Folate	mcg	8			7	20	28
Vitamin B-12	mcg	2.64			2.25	6.40	8.99
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.54			3.01	8.58	12.04
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.26			0.22	0.64	0.90
16:0	g	2.11			1.79	5.10	7.16
18:0	g	1.14			0.97	2.77	3.89
Monounsaturated, total	g	3.90			3.31	9.43	13.24
16:1	g	0.33			0.28	0.79	1.11
18:1	g	3.55			3.02	8.60	12.08
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.32			0.27	0.77	1.08
18:2	g	0.25			0.21	0.61	0.86
18:3	g	0.03			0.02	0.06	0.09
18:4	g						
20:4	g	0.04			0.03	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	209	293
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.335			0.284	0.810	1.137
Threonine	g	1.305			1.109	3.159	4.435
Isoleucine	g	1.343			1.142	3.251	4.565
Leucine	g	2.362			2.008	5.716	8.026
Lysine	g	2.486			2.113	6.017	8.448
Methionine	g	0.765			0.650	1.851	2.599
Cystine	g	0.335			0.284	0.810	1.137
Phenylalanine	g	1.167			0.992	2.823	3.964
Tyrosine	g	1.004			0.853	2.430	3.412
Valine	g	1.453			1.235	3.517	4.939
Arginine	g	1.889			1.605	4.570	6.417
Histidine	g	1.023			0.870	2.476	3.477
Alanine	g	1.802			1.532	4.362	6.125
Aspartic acid	g	2.730			2.321	6.607	9.277
Glutamic acid	g	4.489			3.816	10.864	15.255
Glycine	g	1.630			1.386	3.945	5.540
Proline	g	1.320			1.122	3.193	4.484
Serine	g	1.143			0.971	2.765	3.883

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 12% Separable fat 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.27			318.74	19.92	223.10
Food energy	kcal	150			682	43	477
	kJ	629			2,854	178	1,998
Protein (N x 6.25)	g	20.78			94.27	5.89	65.98
Total lipid (fat)	g	6.82			30.96	1.93	21.67
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.03			4.65	0.29	3.26
Minerals:							
Calcium	mg	6			29	2	20
Iron	mg	2.13			9.68	0.61	6.78
Magnesium	mg	22			102	6	71
Phosphorus	mg	199			904	56	633
Potassium	mg	356			1,616	101	1,131
Sodium	mg	63			288	18	201
Zinc	mg	4.32			19.61	1.23	13.73
Copper	mg	0.079			0.357	0.022	0.250
Manganese	mg	0.014			0.064	0.004	0.044
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.48	0.03	0.34
Riboflavin	mg	0.18			0.81	0.05	0.57
Niacin	mg	3.60			16.32	1.02	11.42
Pantothenic acid	mg	0.36			1.62	0.10	1.14
Vitamin B-6	mg	0.44			1.98	0.12	1.39
Folate	mcg	7			33	2	23
Vitamin B-12	mcg	3.25			14.76	0.92	10.33
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	2.56			11.63	0.73	8.14
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.01	0.00	0.00
12:0	g	0.00			0.01	0.00	0.01
14:0	g	0.18			0.84	0.05	0.59
16:0	g	1.55			7.04	0.44	4.93
18:0	g	0.81			3.66	0.23	2.56
Monounsaturated, total	g	2.88			13.08	0.82	9.16
16:1	g	0.25			1.14	0.07	0.80
18:1	g	2.62			11.86	0.74	8.30
20:1	g	0.01			0.03	0.00	0.02
22:1	g						
Polyunsaturated, total	g	0.27			1.20	0.08	0.84
18:2	g	0.21			0.97	0.06	0.68
18:3	g	0.02			0.08	0.00	0.05
18:4	g						
20:4	g	0.03			0.15	0.01	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59			270	17	189
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.233			1.056	0.066	0.739
Threonine	g	0.908			4.118	0.257	2.882
Isoleucine	g	0.934			4.238	0.265	2.967
Leucine	g	1.643			7.451	0.466	5.215
Lysine	g	1.729			7.843	0.490	5.490
Methionine	g	0.532			2.413	0.151	1.689
Cystine	g	0.233			1.056	0.066	0.739
Phenylalanine	g	0.811			3.680	0.230	2.576
Tyrosine	g	0.698			3.167	0.198	2.217
Valine	g	1.011			4.585	0.287	3.209
Arginine	g	1.313			5.958	0.372	4.170
Histidine	g	0.712			3.228	0.202	2.259
Alanine	g	1.254			5.686	0.355	3.980
Aspartic acid	g	1.899			8.612	0.538	6.028
Glutamic acid	g	3.122			14.163	0.885	9.913
Glycine	g	1.134			5.143	0.321	3.600
Proline	g	0.918			4.163	0.260	2.914
Serine	g	0.795			3.605	0.225	2.523

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 226 g[1]	Refuse: Bone 13% Separable fat 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	58.67			50.04	133.04	184.84
Food energy	*kcal*	222			189	503	699
	kJ	931			792	2,105	2,924
Protein (N x 6.25)	*g*	29.58			25.14	66.85	92.88
Total lipid (fat)	*g*	10.66			9.06	24.09	33.47
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.20			1.02	2.72	3.78
Minerals:							
Calcium	*mg*	9			7	20	27
Iron	*mg*	2.90			2.54	6.76	9.39
Magnesium	*mg*	26			22	60	83
Phosphorus	*mg*	233			198	527	733
Potassium	*mg*	360			306	813	1,130
Sodium	*mg*	67			57	150	209
Zinc	*mg*	6.92			5.88	15.64	21.73
Copper	*mg*	0.125			0.106	0.283	0.393
Manganese	*mg*	0.017			0.014	0.038	0.053
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.08	0.22	0.30
Riboflavin	*mg*	0.24			0.21	0.55	0.76
Niacin	*mg*	4.14			3.52	9.35	13.00
Pantothenic acid	*mg*	0.40			0.34	0.89	1.24
Vitamin B-6	*mg*	0.37			0.32	0.85	1.17
Folate	*mcg*	8			7	19	26
Vitamin B-12	*mcg*	2.64			2.24	5.96	8.29
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	4.07			3.46	9.20	12.78
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.01	0.02
12:0	*g*	0.01			0.01	0.02	0.02
14:0	*g*	0.30			0.26	0.69	0.95
16:0	*g*	2.42			2.05	5.46	7.59
18:0	*g*	1.32			1.12	2.98	4.14
Monounsaturated, total	*g*	4.48			3.81	10.12	14.07
16:1	*g*	0.38			0.32	0.85	1.18
18:1	*g*	4.09			3.47	9.24	12.83
20:1	*g*	0.00			0.00	0.01	0.01
22:1	*g*						
Polyunsaturated, total	*g*	0.36			0.31	0.82	1.14
18:2	*g*	0.29			0.25	0.65	0.91
18:3	*g*	0.03			0.03	0.07	0.10
18:4	*g*						
20:4	*g*	0.04			0.04	0.09	0.13
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	86			73	195	271
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.331			0.282	0.749	1.040
Threonine	*g*	1.292			1.098	2.920	4.057
Isoleucine	*g*	1.330			1.130	3.006	4.176
Leucine	*g*	2.338			1.987	5.284	7.341
Lysine	*g*	2.461			2.092	5.562	7.728
Methionine	*g*	0.757			0.644	1.711	2.378
Cystine	*g*	0.331			0.282	0.749	1.040
Phenylalanine	*g*	1.155			0.982	2.610	3.626
Tyrosine	*g*	0.994			0.845	2.246	3.121
Valine	*g*	1.439			1.223	3.252	4.518
Arginine	*g*	1.869			1.589	4.225	5.870
Histidine	*g*	1.013			0.861	2.289	3.180
Alanine	*g*	1.784			1.517	4.032	5.603
Aspartic acid	*g*	2.702			2.297	6.107	8.486
Glutamic acid	*g*	4.444			3.777	10.044	13.954
Glycine	*g*	1.614			1.372	3.647	5.068
Proline	*g*	1.306			1.110	2.952	4.102
Serine	*g*	1.131			0.961	2.556	3.552

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 240 g[1]	Refuse: Bone 13% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.83			50.01	141.20	199.92
Food energy	kcal	219			186	526	745
	kJ	917			780	2,202	3,117
Protein (N x 6.25)	g	29.88			25.40	71.71	101.53
Total lipid (fat)	g	10.15			8.63	24.36	34.49
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.05	2.95	4.18
Minerals:							
Calcium	mg	8			7	20	29
Iron	mg	2.99			2.54	7.17	10.15
Magnesium	mg	26			22	62	88
Phosphorus	mg	231			197	555	786
Potassium	mg	355			302	852	1,206
Sodium	mg	66			56	158	223
Zinc	mg	6.77			5.75	16.24	22.99
Copper	mg	0.124			0.106	0.298	0.422
Manganese	mg	0.019			0.016	0.046	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.22	0.31
Riboflavin	mg	0.24			0.20	0.58	0.82
Niacin	mg	4.01			3.41	9.62	13.62
Pantothenic acid	mg	0.39			0.33	0.93	1.31
Vitamin B-6	mg	0.36			0.30	0.85	1.21
Folate	mcg	8			7	19	28
Vitamin B-12	mcg	2.65			2.25	6.35	8.99
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.87			3.29	9.30	13.17
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.29			0.24	0.69	0.98
16:0	g	2.30			1.96	5.53	7.83
18:0	g	1.25			1.06	3.01	4.26
Monounsaturated, total	g	4.26			3.62	10.22	14.47
16:1	g	0.36			0.30	0.86	1.21
18:1	g	3.89			3.30	9.33	13.21
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.35			0.29	0.83	1.18
18:2	g	0.28			0.23	0.66	0.94
18:3	g	0.03			0.02	0.07	0.10
18:4	g						
20:4	g	0.04			0.04	0.10	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	207	293
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.335			0.284	0.803	1.137
Threonine	g	1.305			1.109	3.132	4.435
Isoleucine	g	1.343			1.142	3.224	4.565
Leucine	g	2.362			2.008	5.668	8.025
Lysine	g	2.486			2.113	5.967	8.448
Methionine	g	0.765			0.650	1.836	2.599
Cystine	g	0.335			0.284	0.803	1.137
Phenylalanine	g	1.167			0.992	2.800	3.964
Tyrosine	g	1.004			0.853	2.410	3.412
Valine	g	1.453			1.235	3.488	4.939
Arginine	g	1.888			1.605	4.532	6.417
Histidine	g	1.023			0.870	2.455	3.477
Alanine	g	1.802			1.532	4.326	6.125
Aspartic acid	g	2.730			2.320	6.552	9.276
Glutamic acid	g	4.489			3.816	10.774	15.255
Glycine	g	1.630			1.386	3.913	5.540
Proline	g	1.320			1.122	3.167	4.484
Serine	g	1.143			0.971	2.742	3.883

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 11% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.93			321.72	20.11	231.64
Food energy	kcal	141			639	40	460
	kJ	590			2,677	167	1,927
Protein (N x 6.25)	g	20.67			93.76	5.86	67.51
Total lipid (fat)	g	5.84			26.51	1.66	19.08
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.02			4.62	0.29	3.33
Minerals:							
Calcium	mg	6			29	2	21
Iron	mg	2.12			9.64	0.60	6.94
Magnesium	mg	22			101	6	73
Phosphorus	mg	198			898	56	647
Potassium	mg	354			1,604	100	1,155
Sodium	mg	63			287	18	207
Zinc	mg	4.32			19.58	1.22	14.10
Copper	mg	0.078			0.356	0.022	0.256
Manganese	mg	0.014			0.063	0.004	0.046
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.48	0.03	0.35
Riboflavin	mg	0.18			0.80	0.05	0.58
Niacin	mg	3.57			16.20	1.01	11.66
Pantothenic acid	mg	0.36			1.61	0.10	1.16
Vitamin B-6	mg	0.43			1.97	0.12	1.42
Folate	mcg	7			32	2	23
Vitamin B-12	mcg	3.24			14.72	0.92	10.60
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.23			10.09	0.63	7.27
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.02	0.00	0.01
12:0	g	0.00			0.02	0.00	0.01
14:0	g	0.16			0.74	0.05	0.53
16:0	g	1.35			6.10	0.38	4.40
18:0	g	0.70			3.15	0.20	2.27
Monounsaturated, total	g	2.48			11.25	0.70	8.10
16:1	g	0.23			1.02	0.06	0.74
18:1	g	2.24			10.15	0.63	7.31
20:1	g	0.01			0.03	0.00	0.02
22:1	g						
Polyunsaturated, total	g	0.23			1.02	0.06	0.74
18:2	g	0.18			0.80	0.05	0.58
18:3	g	0.02			0.10	0.01	0.07
18:4	g						
20:4	g	0.03			0.12	0.01	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60			271	17	195
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.232			1.050	0.066	0.756
Threonine	g	0.903			4.095	0.256	2.949
Isoleucine	g	0.929			4.215	0.263	3.035
Leucine	g	1.634			7.411	0.463	5.336
Lysine	g	1.720			7.801	0.488	5.617
Methionine	g	0.529			2.400	0.150	1.728
Cystine	g	0.232			1.050	0.066	0.756
Phenylalanine	g	0.807			3.660	0.229	2.635
Tyrosine	g	0.695			3.150	0.197	2.268
Valine	g	1.005			4.560	0.285	3.284
Arginine	g	1.306			5.925	0.370	4.266
Histidine	g	0.708			3.210	0.201	2.311
Alanine	g	1.247			5.655	0.353	4.072
Aspartic acid	g	1.888			8.566	0.535	6.167
Glutamic acid	g	3.105			14.086	0.880	10.142
Glycine	g	1.128			5.115	0.320	3.683
Proline	g	0.913			4.140	0.259	2.981
Serine	g	0.790			3.585	0.224	2.581

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 232 g[1]	Refuse: Bone 14% Separable fat 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.96			50.97	139.11	193.14
Food energy	kcal	205			175	476	661
	kJ	859			731	1,994	2,768
Protein (N x 6.25)	g	29.59			25.15	68.64	95.30
Total lipid (fat)	g	8.76			7.44	20.31	28.20
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20			1.02	2.79	3.88
Minerals:							
Calcium	mg	9			7	20	28
Iron	mg	2.99			2.54	6.95	9.64
Magnesium	mg	26			22	61	85
Phosphorus	mg	233			198	541	752
Potassium	mg	359			305	833	1,157
Sodium	mg	67			57	154	214
Zinc	mg	6.94			5.90	16.11	22.36
Copper	mg	0.125			0.106	0.290	0.403
Manganese	mg	0.017			0.014	0.039	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.22	0.31
Riboflavin	mg	0.24			0.21	0.56	0.78
Niacin	mg	4.13			3.51	9.58	13.31
Pantothenic acid	mg	0.40			0.34	0.92	1.27
Vitamin B-6	mg	0.37			0.32	0.87	1.20
Folate	mcg	8			7	19	27
Vitamin B-12	mcg	2.64			2.24	6.12	8.50
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.35			2.85	7.78	10.80
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.01	0.01	0.02
14:0	g	0.25			0.21	0.58	0.81
16:0	g	1.99			1.69	4.61	6.40
18:0	g	1.08			0.92	2.51	3.49
Monounsaturated, total	g	3.69			3.13	8.55	11.87
16:1	g	0.31			0.26	0.72	1.00
18:1	g	3.36			2.86	7.79	10.82
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.30			0.25	0.69	0.95
18:2	g	0.24			0.20	0.55	0.76
18:3	g	0.03			0.02	0.06	0.08
18:4	g						
20:4	g	0.03			0.03	0.08	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	200	278
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.331			0.282	0.769	1.067
Threonine	g	1.292			1.098	2.998	4.163
Isoleucine	g	1.330			1.131	3.086	4.285
Leucine	g	2.339			1.988	5.425	7.532
Lysine	g	2.462			2.092	5.711	7.929
Methionine	g	0.757			0.644	1.757	2.440
Cystine	g	0.331			0.282	0.769	1.067
Phenylalanine	g	1.155			0.982	2.680	3.720
Tyrosine	g	0.994			0.845	2.306	3.202
Valine	g	1.439			1.223	3.339	4.635
Arginine	g	1.870			1.589	4.338	6.023
Histidine	g	1.013			0.861	2.350	3.263
Alanine	g	1.785			1.517	4.140	5.748
Aspartic acid	g	2.703			2.298	6.271	8.706
Glutamic acid	g	4.445			3.778	10.313	14.318
Glycine	g	1.614			1.372	3.745	5.199
Proline	g	1.307			1.111	3.031	4.208
Serine	g	1.131			0.962	2.625	3.644

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 244 g[1]	Refuse: Bone 13% Seperable fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.05			51.05	146.53	207.54
Food energy	kcal	201			170	489	693
	kJ	840			714	2.049	2.902
Protein (N x 6.25)	g	29.80			25.41	72.93	103.30
Total lipid (fat)	g	8.09			6.87	19.73	27.95
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.04	3.00	4.24
Minerals:							
Calcium	mg	8			7	21	29
Iron	mg	2.99			2.54	7.30	10.34
Magnesium	mg	26			22	63	90
Phosphorus	mg	231			197	565	800
Potassium	mg	354			301	864	1.224
Sodium	mg	66			56	160	227
Zinc	mg	6.80			5.78	16.58	23.48
Copper	mg	0.124			0.106	0.304	0.430
Manganese	mg	0.019			0.016	0.047	0.066
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.22	0.32
Riboflavin	mg	0.24			0.20	0.59	0.83
Niacin	mg	4.00			3.40	9.76	13.82
Pantothenic acid	mg	0.39			0.33	0.94	1.34
Vitamin B-6	mg	0.35			0.30	0.86	1.23
Folate	mcg	8			7	20	28
Vitamin B-12	mcg	2.64			2.25	6.45	9.14
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.09			2.63	7.55	10.70
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.01	0.02
12:0	g	0.01			0.00	0.01	0.02
14:0	g	0.23			0.20	0.56	0.80
16:0	g	1.84			1.56	4.49	6.35
18:0	g	1.00			0.85	2.44	3.45
Monounsaturated, total	g	3.40			2.89	8.29	11.74
16:1	g	0.28			0.24	0.69	0.96
18:1	g	3.10			2.63	7.56	10.71
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.28			0.23	0.67	0.95
18:2	g	0.22			0.19	0.53	0.76
18:3	g	0.02			0.02	0.05	0.08
18:4	g						
20:4	g	0.03			0.03	0.08	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	211	296
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.336			0.285	0.817	1.157
Threonine	g	1.306			1.110	3.186	4.512
Isoleucine	g	1.344			1.142	3.279	4.644
Leucine	g	2.363			2.008	5.765	8.165
Lysine	g	2.487			2.114	6.068	8.595
Methionine	g	0.765			0.650	1.867	2.645
Cystine	g	0.335			0.285	0.817	1.157
Phenylalanine	g	1.167			0.992	2.847	4.033
Tyrosine	g	1.004			0.854	2.451	3.471
Valine	g	1.454			1.236	3.547	5.025
Arginine	g	1.889			1.606	4.609	6.529
Histidine	g	1.023			0.870	2.497	3.537
Alanine	g	1.803			1.533	4.399	6.231
Aspartic acid	g	2.731			2.321	6.663	9.438
Glutamic acid	g	4.491			3.817	10.956	15.520
Glycine	g	1.631			1.386	3.979	5.636
Proline	g	1.320			1.122	3.221	4.562
Serine	g	1.143			0.972	2.789	3.950

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 9% Separable fat 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.59			311.12	19.44	220.92
Food energy	kcal	178			806	50	572
	kJ	744			3,374	211	2,396
Protein (N x 6.25)	g	21.16			95.98	6.00	68.16
Total lipid (fat)	g	9.69			43.93	2.75	31.20
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.00			4.55	0.28	3.23
Minerals:							
Calcium	mg	6			26	2	18
Iron	mg	2.08			9.45	0.59	6.71
Magnesium	mg	23			104	7	74
Phosphorus	mg	201			911	57	647
Potassium	mg	363			1,649	103	1,171
Sodium	mg	60			270	17	192
Zinc	mg	4.06			18.43	1.15	13.08
Copper	mg	0.077			0.351	0.022	0.250
Manganese	mg	0.014			0.064	0.004	0.045
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.46	0.03	0.33
Riboflavin	mg	0.17			0.78	0.05	0.55
Niacin	mg	3.86			17.53	1.10	12.45
Pantothenic acid	mg	0.36			1.64	0.10	1.16
Vitamin B-6	mg	0.44			1.98	0.12	1.41
Folate	mcg	7			33	2	23
Vitamin B-12	mcg	3.15			14.30	0.89	10.15
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.87			17.55	1.10	12.46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.02	0.00	0.01
12:0	g	0.01			0.03	0.00	0.02
14:0	g	0.27			1.21	0.08	0.86
16:0	g	2.23			10.10	0.63	7.17
18:0	g	1.17			5.33	0.33	3.78
Monounsaturated, total	g	4.17			18.93	1.18	13.44
16:1	g	0.34			1.55	0.10	1.10
18:1	g	3.65			16.56	1.03	11.76
20:1	g	0.01			0.04	0.00	0.03
22:1	g						
Polyunsaturated, total	g	0.39			1.76	0.11	1.25
18:2	g	0.31			1.39	0.09	0.98
18:3	g	0.02			0.10	0.01	0.07
18:4	g						
20:4	g	0.05			0.21	0.01	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59			267	17	189
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.237			1.075	0.067	0.763
Threonine	g	0.924			4.192	0.262	2.977
Isoleucine	g	0.951			4.315	0.270	3.064
Leucine	g	1.672			7.586	0.474	5.387
Lysine	g	1.760			7.986	0.499	5.671
Methionine	g	0.542			2.457	0.154	1.745
Cystine	g	0.237			1.075	0.067	0.763
Phenylalanine	g	0.826			3.747	0.234	2.661
Tyrosine	g	0.711			3.225	0.202	2.290
Valine	g	1.029			4.668	0.292	3.315
Arginine	g	1.337			6.066	0.379	4.307
Histidine	g	0.725			3.286	0.205	2.334
Alanine	g	1.276			5.790	0.362	4.111
Aspartic acid	g	1.933			8.769	0.548	6.227
Glutamic acid	g	3.179			14.420	0.901	10.240
Glycine	g	1.154			5.237	0.327	3.719
Proline	g	0.934			4.239	0.265	3.010
Serine	g	0.809			3.670	0.229	2.606

BEEF, COMPOSITE OF TRIMMED RETAIL CUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 236 g[1]	Refuse: Bone 12% Separable fat 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	58.02			49.32	136.92	190.53
Food energy	*kcal*	241			205	569	792
	kJ	1,009			858	2,382	3,315
Protein (N x 6.25)	*g*	29.04			24.69	68.54	95.37
Total lipid (fat)	*g*	12.98			11.04	30.64	42.64
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.23			1.05	2.90	4.04
Minerals:							
Calcium	*mg*	8			7	19	26
Iron	*mg*	2.84			2.41	6.69	9.31
Magnesium	*mg*	28			24	66	91
Phosphorus	*mg*	227			193	536	746
Potassium	*mg*	398			338	940	1,308
Sodium	*mg*	67			57	157	219
Zinc	*mg*	6.67			5.67	15.74	21.90
Copper	*mg*	0.117			0.099	0.275	0.383
Manganese	*mg*	0.017			0.014	0.039	0.054
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.09	0.25	0.34
Riboflavin	*mg*	0.25			0.21	0.58	0.81
Niacin	*mg*	4.76			4.05	11.24	15.64
Pantothenic acid	*mg*	0.43			0.37	1.02	1.42
Vitamin B-6	*mg*	0.41			0.35	0.98	1.36
Folate	*mcg*	9			8	22	30
Vitamin B-12	*mcg*	2.82			2.40	6.66	9.27
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	5.20			4.42	12.28	17.09
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.00	0.01	0.02
12:0	*g*	0.01			0.01	0.02	0.02
14:0	*g*	0.37			0.31	0.87	1.22
16:0	*g*	2.94			2.50	6.94	9.66
18:0	*g*	1.63			1.39	3.85	5.36
Monounsaturated, total	*g*	5.50			4.68	12.99	18.08
16:1	*g*	0.43			0.37	1.02	1.42
18:1	*g*	4.87			4.14	11.50	16.00
20:1	*g*	0.00			0.00	0.01	0.02
22:1	*g*						
Polyunsaturated, total	*g*	0.46			0.39	1.09	1.51
18:2	*g*	0.36			0.30	0.84	1.17
18:3	*g*	0.03			0.03	0.08	0.11
18:4	*g*						
20:4	*g*	0.05			0.05	0.13	0.17
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	82			69	193	268
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.325			0.276	0.768	1.068
Threonine	*g*	1.269			1.078	2.994	4.166
Isoleucine	*g*	1.306			1.110	3.082	4.288
Leucine	*g*	2.296			1.951	5.417	7.538
Lysine	*g*	2.416			2.054	5.703	7.935
Methionine	*g*	0.743			0.632	1.755	2.442
Cystine	*g*	0.325			0.276	0.768	1.068
Phenylalanine	*g*	1.134			0.964	2.676	3.723
Tyrosine	*g*	0.976			0.829	2.303	3.205
Valine	*g*	1.413			1.201	3.334	4.639
Arginine	*g*	1.835			1.560	4.332	6.028
Histidine	*g*	0.994			0.845	2.347	3.266
Alanine	*g*	1.752			1.489	4.134	5.753
Aspartic acid	*g*	2.653			2.255	6.262	8.713
Glutamic acid	*g*	4.363			3.709	10.297	14.329
Glycine	*g*	1.585			1.347	3.740	5.204
Proline	*g*	1.283			1.090	3.027	4.212
Serine	*g*	1.111			0.944	2.621	3.647

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RETAIL CUTS, SEPARABLE FAT, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	20.21	0.958	12	22.84	5.73	91.67
Food energy	*kcal*	674			762	191	3,060
	kJ	2,824			3,191	800	12,807
Protein (N x 6.25)	*g*	8.21	0.505	6	9.28	2.33	37.25
Total lipid (fat)	*g*	70.89	1.436	12	80.11	20.10	321.56
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.28	0.029	6	0.32	0.08	1.27
Minerals:							
Calcium	*mg*	10		1	11	3	45
Iron	*mg*	0.75	0.038	6	0.85	0.21	3.40
Magnesium	*mg*	3	0.274	6	3	1	14
Phosphorus	*mg*	68			77	19	308
Potassium	*mg*	66	2.617	6	75	19	299
Sodium	*mg*	29	2.432	6	33	8	132
Zinc	*mg*	1.00		1	1.13	0.28	4.54
Copper	*mg*	0.033			0.037	0.009	0.150
Manganese	*mg*	0.006			0.007	0.002	0.027
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.04			0.05	0.01	0.19
Riboflavin	*mg*	0.07			0.08	0.02	0.32
Niacin	*mg*	1.42			1.60	0.40	6.43
Pantothenic acid	*mg*	0.14			0.16	0.04	0.63
Vitamin B-6	*mg*	0.17			0.19	0.05	0.77
Folate	*mcg*	3			3	1	14
Vitamin B-12	*mcg*	1.46	0.060	12	1.65	0.41	6.62
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	29.45			33.28	8.35	133.58
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.31		73	0.35	0.09	1.41
12:0	*g*	0.21		86	0.24	0.06	0.95
14:0	*g*	2.39		509	2.70	0.68	10.84
16:0	*g*	17.73		513	20.03	5.03	80.42
18:0	*g*	8.81		517	9.95	2.50	39.96
Monounsaturated, total	*g*	30.94			34.96	8.77	140.34
16:1	*g*	3.88		513	4.38	1.10	17.60
18:1	*g*	26.95		517	30.45	7.64	122.24
20:1	*g*	0.11		11	0.12	0.03	0.50
22:1	*g*						
Polyunsaturated, total	*g*	2.56			2.89	0.73	11.61
18:2	*g*	1.49		503	1.68	0.42	6.76
18:3	*g*	1.07		169	1.21	0.30	4.85
18:4	*g*						
20:4	*g*	0.00		19	0.00	0.00	0.00
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	99	3.923	13	112	28	449
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.092		18	0.104	0.026	0.417
Threonine	*g*	0.359		18	0.405	0.102	1.627
Isoleucine	*g*	0.369		18	0.417	0.105	1.675
Leucine	*g*	0.649		18	0.733	0.184	2.944
Lysine	*g*	0.683		18	0.772	0.194	3.099
Methionine	*g*	0.210		18	0.238	0.060	0.954
Cystine	*g*	0.092		18	0.104	0.026	0.417
Phenylalanine	*g*	0.321		18	0.362	0.091	1.454
Tyrosine	*g*	0.276		18	0.312	0.078	1.252
Valine	*g*	0.399		18	0.451	0.113	1.812
Arginine	*g*	0.519		18	0.587	0.147	2.354
Histidine	*g*	0.281		18	0.318	0.080	1.276
Alanine	*g*	0.495		18	0.560	0.140	2.247
Aspartic acid	*g*	0.750		18	0.848	0.213	3.403
Glutamic acid	*g*	1.234		18	1.394	0.350	5.597
Glycine	*g*	0.448		18	0.506	0.127	2.032
Proline	*g*	0.363		18	0.410	0.103	1.645
Serine	*g*	0.314		18	0.355	0.089	1.425

BEEF, RETAIL CUTS, SEPARABLE FAT, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	18.58	1.493	6	15.79	5.27	84.28
Food energy	kcal	680			578	193	3,084
	kJ	2,846			2,419	807	12,909
Protein (N x 6.25)	g	10.65	1.038	6	9.05	3.02	48.31
Total lipid (fat)	g	70.33	2.098	6	59.78	19.94	319.02
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.45	0.038	6	0.38	0.13	2.04
Minerals:							
Calcium	mg	14		1	12	4	64
Iron	mg	1.06	0.084	6	0.90	0.30	4.81
Magnesium	mg	6	0.750	6	5	2	27
Phosphorus	mg	76			65	22	345
Potassium	mg	119	12.656	6	101	34	540
Sodium	mg	41	3.318	6	35	12	186
Zinc	mg	1.40		1	1.19	0.40	6.35
Copper	mg	0.045			0.038	0.013	0.204
Manganese	mg	0.007			0.006	0.002	0.032
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.03			0.03	0.01	0.15
Riboflavin	mg	0.09			0.08	0.03	0.41
Niacin	mg	1.55			1.32	0.44	7.05
Pantothenic acid	mg	0.15			0.13	0.04	0.69
Vitamin B-6	mg	0.14			0.12	0.04	0.64
Folate	mcg	3			3	1	14
Vitamin B-12	mcg	1.62	0.085	6	1.38	0.46	7.35
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	28.50			24.23	8.08	129.28
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.27		26	0.23	0.08	1.22
12:0	g	0.25		26	0.21	0.07	1.13
14:0	g	2.35		33	2.00	0.67	10.66
16:0	g	17.77		33	15.11	5.04	80.61
18:0	g	7.86		33	6.68	2.23	35.65
Monounsaturated, total	g	30.45			25.88	8.63	138.13
16:1	g	3.14		33	2.67	0.89	14.24
18:1	g	27.14		33	23.07	7.69	123.11
20:1	g	0.17		6	0.14	0.05	0.77
22:1	g						
Polyunsaturated, total	g	2.66			2.26	0.75	12.07
18:2	g	1.62		33	1.38	0.46	7.35
18:3	g	1.04		33	0.88	0.29	4.72
18:4	g						
20:4	g	0.00		13	0.00	0.00	0.00
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95	3.877	6	81	27	431
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.119			0.101	0.034	0.541
Threonine	g	0.465			0.395	0.132	2.110
Isoleucine	g	0.479			0.407	0.136	2.172
Leucine	g	0.842			0.716	0.239	3.818
Lysine	g	0.886			0.753	0.251	4.019
Methionine	g	0.273			0.232	0.077	1.237
Cystine	g	0.119			0.101	0.034	0.541
Phenylalanine	g	0.416			0.353	0.118	1.886
Tyrosine	g	0.358			0.304	0.101	1.623
Valine	g	0.518			0.440	0.147	2.350
Arginine	g	0.673			0.572	0.191	3.053
Histidine	g	0.365			0.310	0.103	1.654
Alanine	g	0.642			0.546	0.182	2.914
Aspartic acid	g	0.973			0.827	0.276	4.413
Glutamic acid	g	1.600			1.360	0.454	7.258
Glycine	g	0.581			0.494	0.165	2.636
Proline	g	0.470			0.400	0.133	2.133
Serine	g	0.407			0.346	0.115	1.847

BEEF, BRISKET, WHOLE, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 0.3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.18			250.29	15.64	249.51
Food energy	kcal	312			1,414	88	1,410
	kJ	1,305			5,919	370	5,901
Protein (N x 6.25)	g	16.94			76.86	4.80	76.62
Total lipid (fat)	g	26.54			120.39	7.52	120.01
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.80			3.61	0.23	3.60
Minerals:							
Calcium	mg	7			30	2	29
Iron	mg	1.57			7.11	0.44	7.09
Magnesium	mg	17			77	5	77
Phosphorus	mg	161			731	46	728
Potassium	mg	250			1,136	71	1,133
Sodium	mg	64			289	18	288
Zinc	mg	3.31			15.03	0.94	14.98
Copper	mg	0.065			0.297	0.019	0.296
Manganese	mg	0.012			0.053	0.003	0.052
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.36	0.02	0.36
Riboflavin	mg	0.14			0.65	0.04	0.64
Niacin	mg	3.18			14.42	0.90	14.38
Pantothenic acid	mg	0.28			1.29	0.08	1.29
Vitamin B-6	mg	0.35			1.58	0.10	1.57
Folate	mcg	6			26	2	26
Vitamin B-12	mcg	2.13			9.68	0.60	9.65
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.69			48.51	3.03	48.36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10			0.44	0.03	0.44
12:0	g	0.07			0.30	0.02	0.30
14:0	g	0.87			3.96	0.25	3.95
16:0	g	6.49			29.43	1.84	29.34
18:0	g	3.17			14.38	0.90	14.33
Monounsaturated, total	g	11.75			53.31	3.33	53.14
16:1	g	1.42			6.43	0.40	6.41
18:1	g	10.30			46.72	2.92	46.57
20:1	g	0.04			0.17	0.01	0.16
22:1	g						
Polyunsaturated, total	g	0.93			4.23	0.26	4.21
18:2	g	0.58			2.61	0.16	2.60
18:3	g	0.33			1.51	0.09	1.51
18:4	g						
20:4	g	0.02			0.10	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			330	21	329
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.190			0.861	0.054	0.858
Threonine	g	0.740			3.357	0.210	3.347
Isoleucine	g	0.762			3.456	0.216	3.445
Leucine	g	1.339			6.075	0.380	6.056
Lysine	g	1.410			6.395	0.400	6.375
Methionine	g	0.434			1.968	0.123	1.962
Cystine	g	0.190			0.861	0.054	0.858
Phenylalanine	g	0.662			3.001	0.188	2.991
Tyrosine	g	0.569			2.582	0.161	2.575
Valine	g	0.824			3.738	0.234	3.727
Arginine	g	1.071			4.858	0.304	4.843
Histidine	g	0.580			2.632	0.164	2.624
Alanine	g	1.022			4.636	0.290	4.622
Aspartic acid	g	1.548			7.022	0.439	7.000
Glutamic acid	g	2.546			11.547	0.722	11.512
Glycine	g	0.924			4.193	0.262	4.181
Proline	g	0.748			3.394	0.212	3.384
Serine	g	0.648			2.939	0.184	2.930

BEEF, BRISKET, WHOLE, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 330 g[1]	Refuse: Connective tissue 0.3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	44.82			38.09	147.89	202.65
Food energy	kcal	385			327	1,271	1,741
	kJ	1,612			1,370	5,319	7,288
Protein (N x 6.25)	g	23.50			19.98	77.56	106.29
Total lipid (fat)	g	31.56			26.82	104.14	142.71
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.85			0.72	2.79	3.83
Minerals:							
Calcium	mg	8			7	27	37
Iron	mg	2.24			1.91	7.40	10.14
Magnesium	mg	18			15	59	80
Phosphorus	mg	187			159	618	846
Potassium	mg	231			196	762	1,044
Sodium	mg	61			52	200	275
Zinc	mg	5.10			4.34	16.84	23.08
Copper	mg	0.095			0.081	0.314	0.430
Manganese	mg	0.014			0.012	0.045	0.062
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.06			0.05	0.20	0.27
Riboflavin	mg	0.18			0.15	0.59	0.81
Niacin	mg	3.00			2.55	9.91	13.59
Pantothenic acid	mg	0.29			0.25	0.95	1.31
Vitamin B-6	mg	0.24			0.21	0.81	1.10
Folate	mcg	6			5	21	29
Vitamin B-12	mcg	2.28			1.94	7.54	10.33
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12.38			10.52	40.84	55.97
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.08	0.30	0.41
12:0	g	0.08			0.07	0.28	0.38
14:0	g	1.03			0.87	3.38	4.64
16:0	g	7.70			6.55	25.42	34.83
18:0	g	3.47			2.95	11.46	15.71
Monounsaturated, total	g	13.90			11.82	45.87	62.86
16:1	g	1.42			1.21	4.68	6.41
18:1	g	12.42			10.56	40.99	56.17
20:1	g	0.06			0.05	0.21	0.28
22:1	g						
Polyunsaturated, total	g	1.13			0.96	3.72	5.10
18:2	g	0.74			0.63	2.44	3.34
18:3	g	0.36			0.30	1.17	1.61
18:4	g						
20:4	g	0.03			0.03	0.11	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94			80	309	423
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.263			0.224	0.869	1.190
Threonine	g	1.027			0.873	3.388	4.643
Isoleucine	g	1.057			0.898	3.487	4.779
Leucine	g	1.858			1.579	6.131	8.401
Lysine	g	1.956			1.662	6.453	8.843
Methionine	g	0.602			0.511	1.986	2.721
Cystine	g	0.263			0.224	0.869	1.190
Phenylalanine	g	0.918			0.780	3.028	4.149
Tyrosine	g	0.790			0.671	2.606	3.571
Valine	g	1.143			0.972	3.773	5.170
Arginine	g	1.485			1.263	4.902	6.717
Histidine	g	0.805			0.684	2.656	3.639
Alanine	g	1.418			1.205	4.679	6.411
Aspartic acid	g	2.147			1.825	7.086	9.710
Glutamic acid	g	3.531			3.002	11.653	15.968
Glycine	g	1.282			1.090	4.232	5.799
Proline	g	1.038			0.882	3.425	4.694
Serine	g	0.899			0.764	2.966	4.064

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, WHOLE, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 314 g[1]	Refuse: Connective tissue: 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51.54			43.81	162.00	231.48
Food energy	kcal	291			247	913	1,305
	kJ	1,216			1,034	3,822	5,462
Protein (N x 6.25)	g	26.79			22.77	84.21	120.32
Total lipid (fat)	g	19.52			16.60	61.37	87.69
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.95			0.81	2.98	4.26
Minerals:							
Calcium	mg	7			6	22	31
Iron	mg	2.53			2.15	7.96	11.38
Magnesium	mg	21			18	65	93
Phosphorus	mg	216			183	678	968
Potassium	mg	259			220	815	1,165
Sodium	mg	65			55	204	292
Zinc	mg	5.96			5.07	18.74	26.78
Copper	mg	0.108			0.092	0.339	0.484
Manganese	mg	0.015			0.013	0.048	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.21	0.30
Riboflavin	mg	0.20			0.17	0.63	0.90
Niacin	mg	3.37			2.87	10.59	15.14
Pantothenic acid	mg	0.32			0.28	1.02	1.45
Vitamin B-6	mg	0.27			0.23	0.85	1.22
Folate	mcg	7			6	23	32
Vitamin B-12	mcg	2.45			2.08	7.69	10.99
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.53			6.40	23.68	33.83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.04	0.15	0.21
12:0	g	0.04			0.04	0.14	0.20
14:0	g	0.63			0.53	1.97	2.81
16:0	g	4.68			3.98	14.71	21.02
18:0	g	2.13			1.81	6.71	9.59
Monounsaturated, total	g	8.68			7.38	27.29	39.00
16:1	g	0.88			0.75	2.77	3.96
18:1	g	7.77			6.60	24.41	34.89
20:1	g	0.03			0.03	0.11	0.15
22:1	g						
Polyunsaturated, total	g	0.67			0.57	2.12	3.02
18:2	g	0.46			0.39	1.44	2.06
18:3	g	0.18			0.16	0.58	0.83
18:4	g						
20:4	g	0.03			0.03	0.10	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	93			79	294	420
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.300			0.255	0.943	1.348
Threonine	g	1.170			0.995	3.678	5.256
Isoleucine	g	1.205			1.024	3.786	5.410
Leucine	g	2.118			1.800	6.656	9.510
Lysine	g	2.229			1.895	7.006	10.011
Methionine	g	0.686			0.583	2.156	3.080
Cystine	g	0.300			0.255	0.943	1.348
Phenylalanine	g	1.046			0.889	3.287	4.697
Tyrosine	g	0.900			0.765	2.829	4.043
Valine	g	1.303			1.108	4.096	5.853
Arginine	g	1.693			1.439	5.322	7.604
Histidine	g	0.917			0.780	2.883	4.120
Alanine	g	1.616			1.374	5.079	7.258
Aspartic acid	g	2.448			2.081	7.693	10.993
Glutamic acid	g	4.025			3.421	12.651	18.077
Glycine	g	1.462			1.243	4.594	6.565
Proline	g	1.183			1.006	3.719	5.313
Serine	g	1.025			0.871	3.220	4.601

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, WHOLE, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 232 g[1]	Refuse: Separable fat 30%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.52			48.89	133.34	182.64
Food energy	kcal	242			206	561	769
	kJ	1,014			862	2,349	3,218
Protein (N x 6.25)	g	29.75	0.501	11	25.29	68.96	94.46
Total lipid (fat)	g	12.76			10.85	29.58	40.51
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04	0.059	11	0.88	2.41	3.30
Minerals:							
Calcium	mg	6	0.366	11	5	13	17
Iron	mg	2.81	0.199	11	2.39	6.52	8.94
Magnesium	mg	23	0.543	11	20	54	75
Phosphorus	mg	241			205	559	766
Potassium	mg	285	5.789	11	242	661	906
Sodium	mg	70	6.108	11	60	163	223
Zinc	mg	6.89	0.377	8	5.85	15.96	21.86
Copper	mg	0.119	0.004	8	0.101	0.277	0.379
Manganese	mg	0.017			0.014	0.039	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07	0.007	11	0.06	0.17	0.23
Riboflavin	mg	0.22	0.011	11	0.19	0.51	0.71
Niacin	mg	3.71	0.259	11	3.15	8.60	11.77
Pantothenic acid	mg	0.36			0.30	0.82	1.13
Vitamin B-6	mg	0.29			0.25	0.68	0.94
Folate	mcg	8	1.211	11	7	19	25
Vitamin B-12	mcg	2.60	0.414	11	2.21	6.04	8.27
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.56			3.87	10.56	14.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		15	0.00	0.01	0.02
12:0	g	0.01		15	0.00	0.01	0.02
14:0	g	0.38		15	0.32	0.89	1.21
16:0	g	2.82		15	2.40	6.53	8.95
18:0	g	1.35		15	1.14	3.12	4.28
Monounsaturated, total	g	5.87			4.99	13.61	18.65
16:1	g	0.58		15	0.50	1.35	1.85
18:1	g	5.28		15	4.49	12.24	16.76
20:1	g	0.01		15	0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.39			0.33	0.90	1.23
18:2	g	0.31		15	0.26	0.72	0.99
18:3	g	0.03		15	0.02	0.06	0.08
18:4	g						
20:4	g	0.05		15	0.04	0.12	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	93	1.762	8	79	215	295
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.333			0.283	0.772	1.058
Threonine	g	1.299			1.105	3.012	4.126
Isoleucine	g	1.338			1.137	3.100	4.247
Leucine	g	2.351			1.999	5.451	7.466
Lysine	g	2.475			2.104	5.737	7.859
Methionine	g	0.762			0.647	1.765	2.418
Cystine	g	0.333			0.283	0.772	1.058
Phenylalanine	g	1.161			0.987	2.692	3.688
Tyrosine	g	1.000			0.850	2.317	3.174
Valine	g	1.447			1.230	3.354	4.594
Arginine	g	1.880			1.598	4.358	5.970
Histidine	g	1.019			0.866	2.361	3.234
Alanine	g	1.794			1.525	4.160	5.698
Aspartic acid	g	2.718			2.310	6.300	8.629
Glutamic acid	g	4.470			3.799	10.361	14.191
Glycine	g	1.623			1.380	3.762	5.153
Proline	g	1.314			1.117	3.045	4.171
Serine	g	1.138			0.967	2.637	3.612

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, WHOLE, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 264 g[1]	Refuse: Connective tissue 1% Separable fat 16%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water ... *g*	57.71			49.05	152.06	217.27
Food energy ... *kcal*	218			185	574	820
... *kJ*	912			775	2,404	3,435
Protein (N x 6.25) ... *g*	29.75			25.29	78.39	112.01
Total lipid (fat) ... *g*	10.08			8.56	26.55	37.94
Carbohydrate, total ... *g*	0.00			0.00	0.00	0.00
Crude fiber ... *g*	0.00			0.00	0.00	0.00
Ash ... *g*	1.04			0.88	2.74	3.91
Minerals:						
Calcium ... *mg*	6			5	15	21
Iron ... *mg*	2.81			2.39	7.42	10.60
Magnesium ... *mg*	23			20	62	88
Phosphorus ... *mg*	241			205	636	908
Potassium ... *mg*	285			242	752	1,074
Sodium ... *mg*	70			60	185	264
Zinc ... *mg*	6.89			5.85	18.14	25.92
Copper ... *mg*	0.119			0.101	0.315	0.450
Manganese ... *mg*	0.017			0.014	0.045	0.064
Vitamins:						
Ascorbic acid ... *mg*	0			0	0	0
Thiamin ... *mg*	0.07			0.06	0.19	0.27
Riboflavin ... *mg*	0.22			0.19	0.59	0.84
Niacin ... *mg*	3.71			3.15	9.77	13.96
Pantothenic acid ... *mg*	0.36			0.30	0.94	1.34
Vitamin B-6 ... *mg*	0.29			0.25	0.78	1.11
Folate ... *mcg*	8			7	21	30
Vitamin B-12 ... *mcg*	2.60			2.21	6.86	9.81
Vitamin A ... *RE*	0			0	0	0
... *IU*	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total ... *g*	3.63			3.09	9.57	13.68
4:0 ... *g*						
6:0 ... *g*						
8:0 ... *g*						
10:0 ... *g*	0.00			0.00	0.01	0.02
12:0 ... *g*	0.00			0.00	0.01	0.02
14:0 ... *g*	0.31			0.26	0.81	1.16
16:0 ... *g*	2.25			1.91	5.92	8.46
18:0 ... *g*	1.07			0.91	2.82	4.03
Monounsaturated, total ... *g*	4.65			3.96	12.26	17.52
16:1 ... *g*	0.46			0.39	1.22	1.74
18:1 ... *g*	4.18			3.55	11.02	15.75
20:1 ... *g*	0.01			0.01	0.02	0.03
22:1 ... *g*						
Polyunsaturated, total ... *g*	0.30			0.25	0.78	1.12
18:2 ... *g*	0.24			0.20	0.63	0.90
18:3 ... *g*	0.02			0.02	0.05	0.07
18:4 ... *g*						
20:4 ... *g*	0.04			0.03	0.10	0.14
20:5 ... *g*						
22:5 ... *g*						
22:6 ... *g*						
Cholesterol ... *mg*	93			79	245	350
Phytosterols ... *mg*						
Amino acids:						
Tryptophan ... *g*	0.333			0.283	0.878	1.254
Threonine ... *g*	1.299			1.105	3.424	4.892
Isoleucine ... *g*	1.338			1.137	3.524	5.036
Leucine ... *g*	2.351			1.999	6.196	8.853
Lysine ... *g*	2.475			2.104	6.522	9.319
Methionine ... *g*	0.762			0.647	2.007	2.867
Cystine ... *g*	0.333			0.283	0.878	1.254
Phenylalanine ... *g*	1.161			0.987	3.060	4.373
Tyrosine ... *g*	1.000			0.850	2.634	3.763
Valine ... *g*	1.447			1.230	3.813	5.448
Arginine ... *g*	1.880			1.598	4.954	7.079
Histidine ... *g*	1.019			0.866	2.684	3.835
Alanine ... *g*	1.794			1.525	4.728	6.756
Aspartic acid ... *g*	2.718			2.310	7.162	10.233
Glutamic acid ... *g*	4.470			3.799	11.777	16.828
Glycine ... *g*	1.623			1.380	4.277	6.111
Proline ... *g*	1.314			1.117	3.462	4.946
Serine ... *g*	1.138			0.967	2.998	4.283

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, FLAT HALF, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.07			64.49	16.18	258.86
Food energy	kcal	290			327	82	1,315
	kJ	1,213			1,371	344	5,503
Protein (N x 6.25)	g	17.88			20.20	5.07	81.08
Total lipid (fat)	g	23.67			26.74	6.71	107.35
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.86			0.98	0.24	3.92
Minerals:							
Calcium	mg	6			7	2	29
Iron	mg	1.60			1.80	0.45	7.24
Magnesium	mg	18			21	5	83
Phosphorus	mg	173			196	49	785
Potassium	mg	272			307	77	1,233
Sodium	mg	62			70	18	281
Zinc	mg	2.86			3.23	0.81	12.98
Copper	mg	0.066			0.074	0.019	0.299
Manganese	mg	0.012			0.013	0.003	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.10	0.02	0.39
Riboflavin	mg	0.15			0.17	0.04	0.69
Niacin	mg	3.56			4.02	1.01	16.14
Pantothenic acid	mg	0.30			0.34	0.09	1.36
Vitamin B-6	mg	0.37			0.41	0.10	1.67
Folate	mcg	6			7	2	27
Vitamin B-12	mcg	2.16			2.44	0.61	9.80
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.40			10.62	2.67	42.64
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.09	0.02	0.38
12:0	g	0.06			0.06	0.02	0.26
14:0	g	0.76			0.86	0.21	3.43
16:0	g	5.69			6.43	1.61	25.80
18:0	g	2.82			3.18	0.80	12.77
Monounsaturated, total	g	10.33			11.68	2.93	46.87
16:1	g	1.24			1.40	0.35	5.64
18:1	g	9.06			10.24	2.57	41.10
20:1	g	0.03			0.03	0.01	0.13
22:1	g						
Polyunsaturated, total	g	0.86			0.97	0.24	3.89
18:2	g	0.53			0.60	0.15	2.42
18:3	g	0.30			0.34	0.08	1.35
18:4	g						
20:4	g	0.03			0.03	0.01	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	70			79	20	317
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.200			0.226	0.057	0.908
Threonine	g	0.781			0.882	0.221	3.542
Isoleucine	g	0.804			0.908	0.228	3.646
Leucine	g	1.413			1.597	0.401	6.409
Lysine	g	1.487			1.681	0.422	6.746
Methionine	g	0.458			0.517	0.130	2.076
Cystine	g	0.200			0.226	0.057	0.908
Phenylalanine	g	0.698			0.789	0.198	3.166
Tyrosine	g	0.601			0.679	0.170	2.724
Valine	g	0.869			0.983	0.246	3.944
Arginine	g	1.130			1.277	0.320	5.125
Histidine	g	0.612			0.692	0.174	2.776
Alanine	g	1.078			1.218	0.306	4.891
Aspartic acid	g	1.633			1.845	0.463	7.408
Glutamic acid	g	2.686			3.035	0.761	12.182
Glycine	g	0.975			1.102	0.276	4.424
Proline	g	0.789			0.892	0.224	3.581
Serine	g	0.684			0.772	0.194	3.101

BEEF, BRISKET, FLAT HALF, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 327 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	46.40			39.44	151.54	210.47
Food energy	*kcal*	364			309	1,189	1,651
	kJ	1,524			1,295	4,976	6,911
Protein (N x 6.25)	*g*	25.05			21.29	81.81	113.62
Total lipid (fat)	*g*	28.50			24.22	93.07	129.25
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.90			0.76	2.93	4.08
Minerals:							
Calcium	*mg*	8			7	25	35
Iron	*mg*	2.29			1.94	7.47	10.38
Magnesium	*mg*	19			16	62	87
Phosphorus	*mg*	201			171	656	911
Potassium	*mg*	243			206	792	1,100
Sodium	*mg*	56			48	183	255
Zinc	*mg*	4.82			4.10	15.75	21.87
Copper	*mg*	0.100			0.085	0.325	0.451
Manganese	*mg*	0.014			0.012	0.045	0.063
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.06			0.05	0.20	0.27
Riboflavin	*mg*	0.18			0.15	0.58	0.81
Niacin	*mg*	3.14			2.67	10.26	14.25
Pantothenic acid	*mg*	0.30			0.26	0.99	1.38
Vitamin B-6	*mg*	0.26			0.22	0.84	1.17
Folate	*mcg*	6			5	21	29
Vitamin B-12	*mcg*	2.32			1.97	7.57	10.51
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	11.02			9.37	36.00	50.00
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.08			0.07	0.27	0.38
12:0	*g*	0.08			0.07	0.25	0.35
14:0	*g*	0.90			0.76	2.93	4.07
16:0	*g*	6.87			5.84	22.44	31.16
18:0	*g*	3.10			2.63	10.11	14.04
Monounsaturated, total	*g*	12.43			10.56	40.59	56.37
16:1	*g*	1.27			1.08	4.14	5.75
18:1	*g*	11.11			9.44	36.27	50.38
20:1	*g*	0.05			0.04	0.17	0.24
22:1	*g*						
Polyunsaturated, total	*g*	1.08			0.92	3.52	4.89
18:2	*g*	0.70			0.59	2.28	3.17
18:3	*g*	0.34			0.29	1.10	1.53
18:4	*g*						
20:4	*g*	0.04			0.04	0.14	0.19
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	95			81	310	431
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.281			0.238	0.916	1.273
Threonine	*g*	1.094			0.930	3.574	4.963
Isoleucine	*g*	1.126			0.957	3.678	5.109
Leucine	*g*	1.980			1.683	6.466	8.981
Lysine	*g*	2.084			1.771	6.807	9.454
Methionine	*g*	0.641			0.545	2.094	2.909
Cystine	*g*	0.281			0.238	0.916	1.273
Phenylalanine	*g*	0.978			0.831	3.194	4.436
Tyrosine	*g*	0.842			0.715	2.749	3.818
Valine	*g*	1.218			1.036	3.979	5.527
Arginine	*g*	1.583			1.346	5.170	7.181
Histidine	*g*	0.858			0.729	2.801	3.890
Alanine	*g*	1.511			1.284	4.935	6.854
Aspartic acid	*g*	2.289			1.945	7.474	10.381
Glutamic acid	*g*	3.763			3.199	12.291	17.071
Glycine	*g*	1.367			1.162	4.464	6.199
Proline	*g*	1.106			0.940	3.613	5.018
Serine	*g*	0.958			0.814	3.128	4.345

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, FLAT HALF, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 327 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.74			49.08	188.58	261.90
Food energy	kcal	215			183	702	975
	kJ	900			765	2,939	4,082
Protein (N x 6.25)	g	30.48			25.90	99.53	138.24
Total lipid (fat)	g	9.41			8.00	30.72	42.67
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.07			0.91	3.49	4.84
Minerals:							
Calcium	mg	5			5	18	25
Iron	mg	2.75			2.34	8.98	12.48
Magnesium	mg	24			20	79	109
Phosphorus	mg	248			211	810	1,125
Potassium	mg	289			246	944	1,311
Sodium	mg	62			53	202	281
Zinc	mg	6.11			5.20	19.96	27.72
Copper	mg	0.120			0.102	0.392	0.545
Manganese	mg	0.016			0.014	0.054	0.075
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.23	0.32
Riboflavin	mg	0.21			0.18	0.69	0.96
Niacin	mg	3.74			3.18	12.22	16.97
Pantothenic acid	mg	0.36			0.31	1.18	1.64
Vitamin B-6	mg	0.30			0.26	0.98	1.37
Folate	mcg	8			7	25	35
Vitamin B-12	mcg	2.58			2.19	8.42	11.70
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.35			2.85	10.94	15.20
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.04	0.06
12:0	g	0.01			0.01	0.04	0.06
14:0	g	0.27			0.23	0.87	1.20
16:0	g	2.09			1.77	6.81	9.46
18:0	g	0.97			0.83	3.18	4.41
Monounsaturated, total	g	4.15			3.53	13.56	18.83
16:1	g	0.42			0.35	1.36	1.89
18:1	g	3.73			3.17	12.17	16.91
20:1	g	0.01			0.01	0.03	0.04
22:1	g						
Polyunsaturated, total	g	0.36			0.30	1.16	1.61
18:2	g	0.25			0.22	0.83	1.15
18:3	g	0.06			0.05	0.21	0.29
18:4	g						
20:4	g	0.04			0.03	0.12	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95			81	310	431
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.341			0.290	1.115	1.548
Threonine	g	1.331			1.131	4.348	6.038
Isoleucine	g	1.370			1.165	4.475	6.215
Leucine	g	2.409			2.047	7.867	10.926
Lysine	g	2.536			2.155	8.281	11.501
Methionine	g	0.780			0.663	2.548	3.539
Cystine	g	0.341			0.290	1.115	1.548
Phenylalanine	g	1.190			1.011	3.886	5.397
Tyrosine	g	1.024			0.870	3.344	4.645
Valine	g	1.482			1.260	4.841	6.724
Arginine	g	1.926			1.637	6.290	8.736
Histidine	g	1.043			0.887	3.408	4.733
Alanine	g	1.838			1.563	6.004	8.338
Aspartic acid	g	2.784			2.367	9.093	12.629
Glutamic acid	g	4.579			3.892	14.954	20.769
Glycine	g	1.663			1.413	5.430	7.542
Proline	g	1.346			1.144	4.395	6.104
Serine	g	1.165			0.991	3.806	5.286

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, FLAT HALF, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 225 g[1]	Refuse: Separable fat 31%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.90			50.06	132.70	184.30
Food energy	kcal	222			189	500	695
	kJ	930			790	2,094	2,909
Protein (N x 6.25)	g	31.52	0.467	11	26.79	71.01	98.62
Total lipid (fat)	g	9.70			8.24	21.85	30.35
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.10	0.067	9	0.93	2.48	3.44
Minerals:							
Calcium	mg	5	0.186	9	4	11	16
Iron	mg	2.84	0.149	10	2.41	6.40	8.89
Magnesium	mg	25	0.361	9	21	56	78
Phosphorus	mg	257			218	579	804
Potassium	mg	298	6.045	9	253	671	932
Sodium	mg	63	6.602	9	54	142	197
Zinc	mg	6.36	0.499	8	5.41	14.33	19.90
Copper	mg	0.124	0.005	8	0.105	0.279	0.388
Manganese	mg	0.017			0.014	0.038	0.053
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07	0.007	9	0.06	0.16	0.23
Riboflavin	mg	0.22	0.010	9	0.19	0.49	0.68
Niacin	mg	3.86	0.369	10	3.28	8.69	12.07
Pantothenic acid	mg	0.37			0.32	0.84	1.16
Vitamin B-6	mg	0.31			0.26	0.70	0.97
Folate	mcg	8	1.259	9	7	18	25
Vitamin B-12	mcg	2.63	0.453	10	2.24	5.93	8.23
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.17			2.70	7.14	9.92
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		7	0.00	0.00	0.00
12:0	g	0.00		7	0.00	0.00	0.00
14:0	g	0.24		7	0.21	0.55	0.76
16:0	g	1.97		7	1.68	4.44	6.17
18:0	g	0.96		7	0.81	2.15	2.99
Monounsaturated, total	g	4.33			3.68	9.75	13.55
16:1	g	0.43		7	0.36	0.96	1.34
18:1	g	3.90		7	3.32	8.79	12.21
20:1	g	0.00		7	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.37			0.31	0.82	1.14
18:2	g	0.28		7	0.24	0.64	0.89
18:3	g	0.02		7	0.02	0.05	0.06
18:4	g						
20:4	g	0.06		7	0.05	0.14	0.19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95	2.511	7	81	214	297
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.353			0.300	0.795	1.105
Threonine	g	1.377			1.170	3.102	4.308
Isoleucine	g	1.417			1.205	3.193	4.434
Leucine	g	2.491			2.118	5.613	7.795
Lysine	g	2.622			2.229	5.908	8.205
Methionine	g	0.807			0.686	1.818	2.525
Cystine	g	0.353			0.300	0.795	1.105
[illegible]		[illegible]			1.046	2.772	3.850
[illegible]	g	[illegible]			0.900	2.386	3.314
Valine	g	1.533			1.303	3.454	4.797
Arginine	g	1.992			1.693	4.488	6.233
Histidine	g	1.079			0.917	2.431	3.377
Alanine	g	1.901			1.616	4.283	5.949
Aspartic acid	g	2.880			2.448	6.488	9.010
Glutamic acid	g	4.735			4.025	10.669	14.817
Glycine	g	1.720			1.462	3.874	5.381
Proline	g	1.392			1.183	3.136	4.355
Serine	g	1.205			1.024	2.715	3.771

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, FLAT HALF, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 3 oz = 85 g	1 lb raw yields 310 g[1]	**Refuse:** Separable fat 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	59.80			50.83	185.50	257.68
Food energy	*kcal*	191			162	591	821
	kJ	797			678	2,474	3,436
Protein (N x 6.25)	*g*	31.52	0.467	9	26.79	97.77	135.81
Total lipid (fat)	*g*	6.20			5.27	19.23	26.72
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.10	0.067	9	0.93	3.41	4.74
Minerals:							
Calcium	*mg*	5	0.186	9	4	16	22
Iron	*mg*	2.84	0.149	10	2.41	8.81	12.24
Magnesium	*mg*	25	0.361	9	21	78	108
Phosphorus	*mg*	257			218	797	1,107
Potassium	*mg*	298	6.045	9	253	924	1,284
Sodium	*mg*	63	6.602	9	54	195	271
Zinc	*mg*	6.36	0.499	8	5.41	19.73	27.41
Copper	*mg*	0.124	0.005	8	0.105	0.385	0.534
Manganese	*mg*	0.017			0.014	0.053	0.073
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07	0.007	9	0.06	0.22	0.31
Riboflavin	*mg*	0.22	0.010	9	0.19	0.68	0.94
Niacin	*mg*	3.86	0.369	10	3.28	11.96	16.62
Pantothenic acid	*mg*	0.37			0.32	1.15	1.60
Vitamin B-6	*mg*	0.31			0.26	0.96	1.34
Folate	*mcg*	8	1.259	9	7	25	34
Vitamin B-12	*mcg*	2.63	0.453	10	2.24	8.16	11.33
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	*g*	2.03			1.72	6.29	8.73
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00		8	0.00	0.00	0.00
12:0	*g*	0.00		8	0.00	0.00	0.00
14:0	*g*	0.16		8	0.13	0.48	0.67
16:0	*g*	1.26		8	1.07	3.91	5.43
18:0	*g*	0.61		8	0.52	1.89	2.63
Monounsaturated, total	*g*	2.77			2.35	8.58	11.92
16:1	*g*	0.27		8	0.23	0.85	1.18
18:1	*g*	2.49		8	2.12	7.74	10.75
20:1	*g*	0.00		8	0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.23			0.20	0.73	1.01
18:2	*g*	0.18		8	0.15	0.56	0.78
18:3	*g*	0.01		8	0.01	0.04	0.06
18:4	*g*						
20:4	*g*	0.04		8	0.03	0.12	0.17
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	95	2.511	7	81	295	409
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.353			0.300	1.095	1.521
Threonine	*g*	1.377			1.170	4.271	5.932
Isoleucine	*g*	1.417			1.205	4.396	6.106
Leucine	*g*	2.491			2.118	7.728	10.735
Lysine	*g*	2.622			2.229	8.135	11.300
Methionine	*g*	0.807			0.686	2.503	3.477
Cystine	*g*	0.353			0.300	1.095	1.521
Phenylalanine	*g*	1.230			1.046	3.817	5.302
Tyrosine	*g*	1.059			0.900	3.285	4.563
Valine	*g*	1.533			1.303	4.756	6.606
Arginine	*g*	1.992			1.693	6.179	8.583
Histidine	*g*	1.079			0.917	3.348	4.650
Alanine	*g*	1.901			1.616	5.898	8.192
Aspartic acid	*g*	2.880			2.448	8.932	12.406
Glutamic acid	*g*	4.735			4.025	14.689	20.405
Glycine	*g*	1.720			1.462	5.334	7.410
Proline	*g*	1.392			1.183	4.318	5.998
Serine	*g*	1.205			1.024	3.739	5.194

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, POINT HALF, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.50			242.69	15.17	240.28
Food energy	kcal	331			1,502	94	1,487
	kJ	1,386			6,289	393	6,227
Protein (N x 6.25)	g	16.12			73.11	4.57	72.39
Total lipid (fat)	g	29.09			131.95	8.25	130.64
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.74			3.34	0.21	3.30
Minerals:							
Calcium	mg	7			30	2	30
Iron	mg	1.54			6.99	0.44	6.92
Magnesium	mg	16			71	4	71
Phosphorus	mg	150			682	43	675
Potassium	mg	231			1,050	66	1,040
Sodium	mg	65			296	18	293
Zinc	mg	3.71			16.84	1.05	16.68
Copper	mg	0.065			0.296	0.018	0.293
Manganese	mg	0.011			0.052	0.003	0.051
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.33	0.02	0.33
Riboflavin	mg	0.13			0.61	0.04	0.60
Niacin	mg	2.84			12.89	0.81	12.77
Pantothenic acid	mg	0.27			1.23	0.08	1.22
Vitamin B-6	mg	0.33			1.50	0.09	1.49
Folate	mcg	6			26	2	26
Vitamin B-12	mcg	2.11			9.57	0.60	9.48
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.84			53.71	3.36	53.17
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.11			0.49	0.03	0.49
12:0	g	0.08			0.34	0.02	0.34
14:0	g	0.98			4.43	0.28	4.39
16:0	g	7.20			32.64	2.04	32.32
18:0	g	3.48			15.80	0.99	15.64
Monounsaturated, total	g	13.01			59.02	3.69	58.43
16:1	g	1.57			7.13	0.45	7.06
18:1	g	11.40			51.70	3.23	51.18
20:1	g	0.04			0.19	0.01	0.19
22:1	g						
Polyunsaturated, total	g	1.00			4.52	0.28	4.47
18:2	g	0.61			2.78	0.17	2.75
18:3	g	0.37			1.66	0.10	1.64
18:4	g						
20:4	g	0.02			0.08	0.01	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			343	21	339
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.181			0.819	0.051	0.811
Threonine	g	0.704			3.194	0.200	3.162
Isoleucine	g	0.725			3.287	0.205	3.255
Leucine	g	1.274			5.779	0.361	5.722
Lysine	g	1.341			6.083	0.380	6.023
Methionine	g	0.413			1.872	0.117	1.853
Cystine	g	0.181			0.819	0.051	0.811
Phenylalanine	g	0.629			2.854	0.178	2.826
Tyrosine	g	0.542			2.457	0.154	2.432
Valine	g	0.784			3.556	0.222	3.521
Arginine	g	1.019			4.621	0.289	4.575
Histidine	g	0.552			2.503	0.156	2.479
Alanine	g	0.972			4.410	0.276	4.366
Aspartic acid	g	1.473			6.680	0.417	6.613
Glutamic acid	g	2.422			10.985	0.687	10.876
Glycine	g	0.879			3.989	0.249	3.949
Proline	g	0.712			3.229	0.202	3.197
Serine	g	0.616			2.796	0.175	2.768

BEEF, BRISKET, POINT HALF, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 328 g[1]	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	43.41			36.90	142.30	194.95
Food energy	kcal	404			343	1,323	1,813
	kJ	1,690			1,436	5,539	7,589
Protein (N x 6.25)	g	22.13			18.81	72.56	99.40
Total lipid (fat)	g	34.27			29.13	112.35	153.93
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.80			0.68	2.62	3.59
Minerals:							
Calcium	mg	9			7	29	39
Iron	mg	2.20			1.87	7.22	9.89
Magnesium	mg	17			14	54	74
Phosphorus	mg	175			149	574	786
Potassium	mg	221			188	723	991
Sodium	mg	65			55	212	291
Zinc	mg	5.35			4.55	17.55	24.04
Copper	mg	0.091			0.078	0.299	0.410
Manganese	mg	0.014			0.012	0.045	0.061
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.06			0.05	0.20	0.27
Riboflavin	mg	0.18			0.15	0.59	0.81
Niacin	mg	2.88			2.45	9.45	12.94
Pantothenic acid	mg	0.28			0.23	0.90	1.24
Vitamin B-6	mg	0.23			0.20	0.76	1.04
Folate	mcg	6			5	21	28
Vitamin B-12	mcg	2.25			1.92	7.39	10.12
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	13.58			11.54	44.51	60.98
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10			0.08	0.32	0.44
12:0	g	0.09			0.08	0.30	0.41
14:0	g	1.14			0.97	3.73	5.11
16:0	g	8.44			7.17	27.67	37.90
18:0	g	3.81			3.24	12.49	17.11
Monounsaturated, total	g	15.21			12.93	49.85	68.30
16:1	g	1.55			1.32	5.08	6.97
18:1	g	13.59			11.55	44.53	61.01
20:1	g	0.07			0.06	0.23	0.32
22:1	g						
Polyunsaturated, total	g	1.17			1.00	3.84	5.26
18:2	g	0.77			0.66	2.53	3.47
18:3	g	0.37			0.32	1.22	1.68
18:4	g						
20:4	g	0.03			0.02	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92			79	303	415
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.248			0.211	0.813	1.113
Threonine	g	0.967			0.822	3.169	4.342
Isoleucine	g	0.995			0.846	3.262	4.469
Leucine	g	1.749			1.487	5.735	7.857
Lysine	g	1.842			1.565	6.037	8.270
Methionine	g	0.567			0.482	1.857	2.545
Cystine	g	0.248			0.211	0.813	1.113
Phenylalanine	g	0.864			0.734	2.833	3.881
Tyrosine	g	0.744			0.632	2.438	3.340
Valine	g	1.077			0.915	3.529	4.835
Arginine	g	1.399			1.189	4.585	6.282
Histidine	g	0.758			0.644	2.484	3.404
Alanine	g	1.335			1.135	4.377	5.996
Aspartic acid	g	2.022			1.719	6.629	9.082
Glutamic acid	g	3.325			2.827	10.901	14.934
Glycine	g	1.208			1.026	3.959	5.423
Proline	g	0.977			0.831	3.204	4.390
Serine	g	0.846			0.719	2.775	3.801

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, POINT HALF, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 314 g[1]	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.05			39.14	144.73	206.80
Food energy	kcal	358			304	1,124	1,606
	kJ	1,497			1,272	4,704	6,721
Protein (N x 6.25)	g	23.53			20.00	73.94	105.65
Total lipid (fat)	g	28.50			24.22	89.57	127.98
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.84			0.72	2.65	3.78
Minerals:							
Calcium	mg	8			7	25	36
Iron	mg	2.34			1.99	7.36	10.51
Magnesium	mg	18			15	56	80
Phosphorus	mg	187			159	588	840
Potassium	mg	233			198	732	1,046
Sodium	mg	68			57	213	304
Zinc	mg	5.83			4.96	18.33	26.19
Copper	mg	0.097			0.082	0.304	0.435
Manganese	mg	0.014			0.012	0.045	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.06			0.05	0.20	0.28
Riboflavin	mg	0.19			0.16	0.60	0.86
Niacin	mg	3.04			2.59	9.56	13.67
Pantothenic acid	mg	0.29			0.25	0.91	1.30
Vitamin B-6	mg	0.24			0.21	0.77	1.09
Folate	mcg	7			6	21	30
Vitamin B-12	mcg	2.33			1.98	7.32	10.47
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.24			9.56	35.33	50.48
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.07	0.24	0.34
12:0	g	0.07			0.06	0.22	0.32
14:0	g	0.95			0.80	2.97	4.25
16:0	g	6.98			5.94	21.95	31.36
18:0	g	3.16			2.69	9.94	14.21
Monounsaturated, total	g	12.70			10.80	39.92	57.04
16:1	g	1.29			1.10	4.06	5.81
18:1	g	11.35			9.65	35.68	50.98
20:1	g	0.06			0.05	0.18	0.26
22:1	g						
Polyunsaturated, total	g	0.96			0.81	3.00	4.29
18:2	g	0.64			0.54	2.01	2.87
18:3	g	0.29			0.25	0.91	1.30
18:4	g						
20:4	g	0.03			0.02	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	92			78	289	413
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.263			0.224	0.828	1.183
Threonine	g	1.028			0.873	3.230	4.615
Isoleucine	g	1.058			0.899	3.324	4.750
Leucine	g	1.859			1.581	5.844	8.351
Lysine	g	1.957			1.664	6.152	8.790
Methionine	g	0.602			0.512	1.893	2.705
Cystine	g	0.263			0.224	0.828	1.183
Phenylalanine	g	0.918			0.781	2.887	4.125
Tyrosine	g	0.790			0.672	2.484	3.550
Valine	g	1.144			0.973	3.597	5.139
Arginine	g	1.487			1.264	4.673	6.677
Histidine	g	0.806			0.685	2.532	3.618
Alanine	g	1.419			1.206	4.460	6.373
Aspartic acid	g	2.149			1.827	6.755	9.653
Glutamic acid	g	3.535			3.004	11.109	15.874
Glycine	g	1.284			1.091	4.034	5.765
Proline	g	1.039			0.883	3.285	4.666
Serine	g	0.900			0.765	2.828	4.040

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, POINT HALF, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 215 g[1]	Refuse: Connective tissue 1% Separable fat 34%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.20			47.77	120.94	165.68
Food energy	kcal	261			222	563	771
	kJ	1,094			930	2,355	3,226
Protein (N x 6.25)	g	28.05	0.482	11	23.84	60.36	82.69
Total lipid (fat)	g	15.70			13.34	33.79	46.28
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.98	0.069	10	0.83	2.11	2.89
Minerals:							
Calcium	mg	6	0.377	10	5	13	18
Iron	mg	2.79	0.134	9	2.37	6.00	8.22
Magnesium	mg	22	0.813	10	19	47	65
Phosphorus	mg	226			192	486	666
Potassium	mg	273	8.141	10	232	587	805
Sodium	mg	77	5.705	10	65	166	227
Zinc	mg	7.39	0.326	8	6.28	15.90	21.79
Copper	mg	0.115	0.006	8	0.098	0.247	0.339
Manganese	mg	0.017			0.014	0.037	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07	0.007	10	0.06	0.16	0.22
Riboflavin	mg	0.23	0.014	9	0.19	0.49	0.67
Niacin	mg	3.57	0.239	11	3.03	7.67	10.51
Pantothenic acid	mg	0.34			0.29	0.73	1.00
Vitamin B-6	mg	0.28			0.24	0.60	0.83
Folate	mcg	8	1.193	11	7	17	24
Vitamin B-12	mcg	2.58	0.424	11	2.19	5.55	7.61
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.89			5.01	12.68	17.36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		8	0.01	0.02	0.03
12:0	g	0.01		8	0.01	0.02	0.03
14:0	g	0.51		8	0.44	1.11	1.52
16:0	g	3.63		8	3.09	7.82	10.71
18:0	g	1.72		8	1.46	3.71	5.08
Monounsaturated, total	g	7.35			6.25	15.83	21.68
16:1	g	0.73		8	0.62	1.58	2.16
18:1	g	6.60		8	5.61	14.21	19.46
20:1	g	0.02		8	0.02	0.04	0.06
22:1	g						
Polyunsaturated, total	g	0.41			0.34	0.87	1.20
18:2	g	0.34		8	0.29	0.72	0.99
18:3	g	0.03		8	0.03	0.06	0.09
18:4	g						
20:4	g	0.04		8	0.03	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	91	1.930	8	77	196	268
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.676	0.926
Threonine	g	1.225			1.041	2.637	3.612
Isoleucine	g	1.261			1.072	2.714	3.718
Leucine	g	2.217			1.885	4.771	6.536
Lysine	g	2.334			1.984	5.022	6.880
Methionine	g	0.718			0.610	1.545	2.117
Cystine	g	0.314			0.267	0.676	0.926
Phenylalanine	g	1.095			0.931	2.357	3.228
Tyrosine	g	0.942			0.801	2.028	2.778
Valine	g	1.364			1.160	2.936	4.022
Arginine	g	1.773			1.507	3.815	5.226
Histidine	g	0.960			0.816	2.067	2.831
Alanine	g	1.692			1.438	3.641	4.988
Aspartic acid	g	2.563			2.178	5.515	7.555
Glutamic acid	g	4.214			3.582	9.069	12.424
Glycine	g	1.530			1.301	3.293	4.512
Proline	g	1.239			1.053	2.666	3.652
Serine	g	1.073			0.912	2.308	3.162

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRISKET, POINT HALF, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 232 g[1]	Refuse: Connective tissue 2% Separable fat 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.70			47.34	129.06	184.42
Food energy	kcal	244			208	566	809
	kJ	1,022			869	2,369	3,385
Protein (N x 6.25)	g	28.05	0.482	11	23.84	64.99	92.87
Total lipid (fat)	g	13.80			11.73	31.97	45.69
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.98	0.069	10	0.83	2.27	3.24
Minerals:							
Calcium	mg	6	0.377	10	5	14	20
Iron	mg	2.79	0.134	9	2.37	6.46	9.24
Magnesium	mg	22	0.813	10	19	51	73
Phosphorus	mg	226			192	524	748
Potassium	mg	273	8.141	10	232	633	904
Sodium	mg	77	5.705	10	65	178	255
Zinc	mg	7.39	0.326	8	6.28	17.12	24.47
Copper	mg	0.115	0.006	8	0.098	0.266	0.381
Manganese	mg	0.017			0.014	0.039	0.056
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07	0.007	10	0.06	0.17	0.24
Riboflavin	mg	0.23	0.014	9	0.19	0.52	0.75
Niacin	mg	3.57	0.239	11	3.03	8.26	11.81
Pantothenic acid	mg	0.34			0.29	0.79	1.12
Vitamin B-6	mg	0.28			0.24	0.65	0.93
Folate	mcg	8	1.193	11	7	19	26
Vitamin B-12	mcg	2.58	0.424	11	2.19	5.98	8.54
Vitamin A	RE	0			0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.18			4.40	12.00	17.14
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		8	0.01	0.02	0.03
12:0	g	0.01		8	0.01	0.02	0.03
14:0	g	0.45		8	0.38	1.05	1.50
16:0	g	3.19		8	2.71	7.40	10.57
18:0	g	1.51		8	1.29	3.51	5.01
Monounsaturated, total	g	6.46			5.50	14.98	21.41
16:1	g	0.64		8	0.55	1.49	2.13
18:1	g	5.80		8	4.93	13.45	19.22
20:1	g	0.02		8	0.01	0.04	0.06
22:1	g						
Polyunsaturated, total	g	0.36			0.30	0.83	1.18
18:2	g	0.30		8	0.25	0.69	0.98
18:3	g	0.03		8	0.02	0.06	0.09
18:4	g						
20:4	g	0.03		8	0.03	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	91	1.930	8	77	211	301
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.728	1.040
Threonine	g	1.225			1.041	2.839	4.057
Isoleucine	g	1.261			1.072	2.922	4.176
Leucine	g	2.217			1.885	5.137	7.341
Lysine	g	2.334			1.984	5.407	7.727
Methionine	g	0.718			0.610	1.664	2.378
Cystine	g	0.314			0.267	0.728	1.040
Phenylalanine	g	1.095			0.931	2.537	3.626
Tyrosine	g	0.942			0.801	2.184	3.121
Valine	g	1.364			1.160	3.161	4.517
Arginine	g	1.773			1.507	4.107	5.870
Histidine	g	0.960			0.816	2.225	3.180
Alanine	g	1.692			1.438	3.920	5.602
Aspartic acid	g	2.563			2.178	5.938	8.485
Glutamic acid	g	4.214			3.582	9.764	13.953
Glycine	g	1.530			1.301	3.546	5.067
Proline	g	1.239			1.053	2.870	4.101
Serine	g	1.073			0.912	2.485	3.551

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.83			280.48	17.53	238.37
Food energy	kcal	245			1,110	69	943
	kJ	1,024			4,647	290	3,949
Protein (N x 6.25)	g	18.52			84.02	5.25	71.40
Total lipid (fat)	g	18.36			83.29	5.21	70.79
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.89			4.03	0.25	3.42
Minerals:							
Calcium	mg	7			31	2	26
Iron	mg	2.11			9.57	0.60	8.13
Magnesium	mg	20			89	6	76
Phosphorus	mg	174			789	49	670
Potassium	mg	308			1,396	87	1,186
Sodium	mg	59			268	17	228
Zinc	mg	4.04			18.33	1.15	15.58
Copper	mg	0.081			0.368	0.023	0.313
Manganese	mg	0.012			0.056	0.003	0.047
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.50	0.03	0.42
Riboflavin	mg	0.18			0.81	0.05	0.68
Niacin	mg	3.24			14.71	0.92	12.50
Pantothenic acid	mg	0.30			1.37	0.09	1.17
Vitamin B-6	mg	0.38			1.74	0.11	1.48
Folate	mcg	7			32	2	27
Vitamin B-12	mcg	3.06			13.86	0.87	11.78
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.44			33.75	2.11	28.68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.30	0.02	0.25
12:0	g	0.04			0.20	0.01	0.17
14:0	g	0.59			2.66	0.17	2.26
16:0	g	4.49			20.36	1.27	17.30
18:0	g	2.26			10.24	0.64	8.70
Monounsaturated, total	g	7.81			35.42	2.21	30.11
16:1	g	0.94			4.27	0.27	3.63
18:1	g	6.85			31.05	1.94	26.39
20:1	g	0.02			0.10	0.01	0.09
22:1	g						
Polyunsaturated, total	g	0.71			3.23	0.20	2.75
18:2	g	0.45			2.06	0.13	1.75
18:3	g	0.24			1.08	0.07	0.92
18:4	g						
20:4	g	0.02			0.10	0.01	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68			309	19	263
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.207			0.941	0.059	0.800
Threonine	g	0.809			3.670	0.229	3.119
Isoleucine	g	0.833			3.777	0.236	3.210
Leucine	g	1.464			6.641	0.415	5.644
Lysine	g	1.541			6.990	0.437	5.941
Methionine	g	0.474			2.151	0.134	1.828
Cystine	g	0.207			0.941	0.059	0.800
Phenylalanine	g	0.723			3.280	0.205	2.788
Tyrosine	g	0.622			2.823	0.176	2.399
Valine	g	0.901			4.087	0.255	3.473
Arginine	g	1.171			5.310	0.332	4.513
Histidine	g	0.634			2.877	0.180	2.445
Alanine	g	1.117			5.068	0.317	4.307
Aspartic acid	g	1.692			7.676	0.480	6.523
Glutamic acid	g	2.783			12.623	0.789	10.727
Glycine	g	1.011			4.584	0.286	3.896
Proline	g	0.818			3.710	0.232	3.153
Serine	g	0.708			3.213	0.201	2.730

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 257 g[1]	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.99			40.80	123.39	176.33
Food energy	kcal	332			282	853	1,219
	kJ	1,389			1,181	3,572	5,104
Protein (N x 6.25)	g	27.43			23.31	70.51	100.77
Total lipid (fat)	g	23.81			20.24	61.21	87.47
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.94			0.80	2.43	3.47
Minerals:							
Calcium	mg	10			9	26	38
Iron	mg	3.11			2.64	7.99	11.42
Magnesium	mg	19			17	50	72
Phosphorus	mg	220			187	566	808
Potassium	mg	246			210	634	906
Sodium	mg	60			51	154	220
Zinc	mg	6.84			5.82	17.60	25.15
Copper	mg	0.134			0.114	0.345	0.493
Manganese	mg	0.016			0.014	0.041	0.059
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.25
Riboflavin	mg	0.24			0.20	0.62	0.88
Niacin	mg	3.18			2.70	8.17	11.67
Pantothenic acid	mg	0.33			0.28	0.84	1.19
Vitamin B-6	mg	0.28			0.24	0.73	1.04
Folate	mcg	9			8	23	33
Vitamin B-12	mcg	2.95			2.51	7.60	10.86
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.38			7.98	24.13	34.48
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.17	0.25
12:0	g	0.07			0.06	0.18	0.25
14:0	g	0.75			0.64	1.93	2.75
16:0	g	5.80			4.93	14.90	21.30
18:0	g	2.70			2.30	6.95	9.92
Monounsaturated, total	g	10.21			8.68	26.26	37.53
16:1	g	1.02			0.86	2.61	3.73
18:1	g	9.16			7.78	23.54	33.64
20:1	g	0.04			0.04	0.11	0.16
22:1	g						
Polyunsaturated, total	g	0.91			0.77	2.34	3.34
18:2	g	0.60			0.51	1.54	2.20
18:3	g	0.28			0.24	0.72	1.02
18:4	g						
20:4	g	0.03			0.03	0.08	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	99			85	256	366
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.307			0.261	0.790	1.129
Threonine	g	1.198			1.018	3.080	4.401
Isoleucine	g	1.233			1.048	3.170	4.530
Leucine	g	2.168			1.843	5.573	7.964
Lysine	g	2.282			1.940	5.867	8.384
Methionine	g	0.702			0.597	1.805	2.580
Cystine	g	0.307			0.261	0.790	1.129
Phenylalanine	g	1.071			0.910	2.753	3.934
Tyrosine	g	0.922			0.783	2.369	3.386
Valine	g	1.334			1.134	3.430	4.901
Arginine	g	1.733			1.473	4.456	6.368
Histidine	g	0.939			0.798	2.414	3.450
Alanine	g	1.654			1.406	4.253	6.078
Aspartic acid	g	2.506			2.130	6.442	9.206
Glutamic acid	g	4.121			3.502	10.594	15.139
Glycine	g	1.496			1.272	3.847	5.498
Proline	g	1.211			1.029	3.114	4.450
Serine	g	1.049			0.891	2.696	3.853

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 246 g[1]	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.51			44.64	129.23	192.93
Food energy	kcal	280			238	689	1,029
	kJ	1,172			997	2.885	4,308
Protein (N x 6.25)	g	29.66			25.21	73.00	108.98
Total lipid (fat)	g	17.01			14.46	41.86	62.49
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.01			0.86	2.49	3.71
Minerals:							
Calcium	mg	10			8	24	36
Iron	mg	3.38			2.87	8.32	12.42
Magnesium	mg	21			18	52	78
Phosphorus	mg	239			203	589	879
Potassium	mg	263			224	648	966
Sodium	mg	62			53	153	229
Zinc	mg	7.57			6.44	18.63	27.82
Copper	mg	0.146			0.124	0.360	0.537
Manganese	mg	0.017			0.015	0.042	0.063
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.27
Riboflavin	mg	0.26			0.22	0.64	0.95
Niacin	mg	3.39			2.88	8.35	12.46
Pantothenic acid	mg	0.35			0.30	0.86	1.28
Vitamin B-6	mg	0.30			0.26	0.74	1.11
Folate	mcg	10			8	24	36
Vitamin B-12	mcg	3.13			2.66	7.71	11.51
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.62			5.63	16.29	24.32
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.10	0.15
12:0	g	0.04			0.04	0.11	0.16
14:0	g	0.52			0.44	1.28	1.91
16:0	g	4.07			3.46	10.02	14.96
18:0	g	1.94			1.65	4.78	7.14
Monounsaturated, total	g	7.27			6.18	17.89	26.70
16:1	g	0.71			0.60	1.75	2.61
18:1	g	6.53			5.55	16.07	24.00
20:1	g	0.03			0.02	0.06	0.09
22:1	g						
Polyunsaturated, total	g	0.65			0.55	1.60	2.39
18:2	g	0.44			0.38	1.09	1.63
18:3	g	0.18			0.15	0.43	0.64
18:4	g						
20:4	g	0.03			0.03	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	100			85	246	368
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.332			0.282	0.818	1.221
Threonine	g	1.296			1.101	3.189	4.760
Isoleucine	g	1.334			1.134	3.282	4.900
Leucine	g	2.345			1.993	5.770	8.614
Lysine	g	2.468			2.098	6.074	9.067
Methionine	g	0.759			0.645	1.869	2.790
Cystine	g	0.332			0.282	0.818	1.221
Phenylalanine	g	1.158			0.984	2.850	4.255
Tyrosine	g	0.997			0.847	2.453	3.662
Valine	g	1.443			1.226	3.551	5.301
Arginine	g	1.875			1.594	4.614	6.888
Histidine	g	1.016			0.863	2.500	3.732
Alanine	g	1.789			1.521	4.403	6.574
Aspartic acid	g	2.710			2.304	6.669	9.957
Glutamic acid	g	4.457			3.788	10.968	16.374
Glycine	g	1.618			1.376	3.983	5.946
Proline	g	1.310			1.113	3.224	4.813
Serine	g	1.134			0.964	2.792	4.168

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.07			277.03	17.31	235.44
Food energy	kcal	255			1,157	72	983
	kJ	1,068			4,844	303	4,116
Protein (N x 6.25)	g	18.39			83.42	5.21	70.90
Total lipid (fat)	g	19.57			88.79	5.55	75.46
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.88			3.99	0.25	3.39
Minerals:							
Calcium	mg	7			31	2	27
Iron	mg	2.09			9.49	0.59	8.06
Magnesium	mg	19			88	5	75
Phosphorus	mg	173			783	49	665
Potassium	mg	305			1,382	86	1,175
Sodium	mg	59			266	17	226
Zinc	mg	4.00			18.16	1.13	15.43
Copper	mg	0.081			0.366	0.023	0.311
Manganese	mg	0.012			0.056	0.003	0.047
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.49	0.03	0.42
Riboflavin	mg	0.18			0.80	0.05	0.68
Niacin	mg	3.22			14.60	0.91	12.41
Pantothenic acid	mg	0.30			1.37	0.09	1.16
Vitamin B-6	mg	0.38			1.73	0.11	1.47
Folate	mcg	7			31	2	27
Vitamin B-12	mcg	3.04			13.77	0.86	11.70
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.92			35.91	2.24	30.52
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.31	0.02	0.26
12:0	g	0.05			0.21	0.01	0.18
14:0	g	0.62			2.82	0.18	2.40
16:0	g	4.78			21.66	1.35	18.41
18:0	g	2.40			10.90	0.68	9.27
Monounsaturated, total	g	8.31			37.69	2.36	32.03
16:1	g	1.00			4.53	0.28	3.85
18:1	g	7.29			33.05	2.07	28.09
20:1	g	0.02			0.11	0.01	0.09
22:1	g						
Polyunsaturated, total	g	0.76			3.47	0.22	2.95
18:2	g	0.49			2.22	0.14	1.88
18:3	g	0.25			1.14	0.07	0.97
18:4	g						
20:4	g	0.02			0.11	0.01	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			311	19	264
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.206			0.934	0.058	0.794
Threonine	g	0.803			3.644	0.228	3.097
Isoleucine	g	0.827			3.751	0.234	3.188
Leucine	g	1.454			6.594	0.412	5.604
Lysine	g	1.530			6.941	0.434	5.899
Methionine	g	0.471			2.136	0.133	1.815
Cystine	g	0.206			0.934	0.058	0.794
Phenylalanine	g	0.718			3.257	0.204	2.768
Tyrosine	g	0.618			2.803	0.175	2.382
Valine	g	0.895			4.058	0.254	3.449
Arginine	g	1.162			5.272	0.330	4.481
Histidine	g	0.630			2.856	0.179	2.428
Alanine	g	1.109			5.032	0.315	4.277
Aspartic acid	g	1.680			7.622	0.476	6.477
Glutamic acid	g	2.763			12.534	0.783	10.652
Glycine	g	1.003			4.552	0.284	3.868
Proline	g	0.812			3.684	0.230	3.131
Serine	g	0.703			3.190	0.199	2.711

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 257 g[1]	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.85			39.82	120.49	172.11
Food energy	kcal	348			296	894	1,278
	kJ	1,456			1,237	3,744	5,348
Protein (N x 6.25)	g	26.98			22.93	69.39	99.12
Total lipid (fat)	g	25.78			21.91	66.30	94.71
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.93			0.79	2.40	3.42
Minerals:							
Calcium	mg	10			9	27	38
Iron	mg	3.05			2.59	7.85	11.22
Magnesium	mg	19			16	49	70
Phosphorus	mg	216			184	556	794
Potassium	mg	243			207	625	893
Sodium	mg	59			50	152	218
Zinc	mg	6.70			5.69	17.23	24.62
Copper	mg	0.132			0.112	0.339	0.484
Manganese	mg	0.016			0.013	0.041	0.058
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.25
Riboflavin	mg	0.24			0.20	0.61	0.86
Niacin	mg	3.13			2.66	8.06	11.51
Pantothenic acid	mg	0.32			0.27	0.82	1.18
Vitamin B-6	mg	0.28			0.24	0.72	1.02
Folate	mcg	9			8	23	32
Vitamin B-12	mcg	2.92			2.48	7.51	10.73
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.16			8.63	26.13	37.32
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.19	0.27
12:0	g	0.07			0.06	0.19	0.27
14:0	g	0.81			0.69	2.09	2.98
16:0	g	6.27			5.33	16.14	23.05
18:0	g	2.93			2.49	7.52	10.75
Monounsaturated, total	g	11.06			9.40	28.44	40.63
16:1	g	1.10			0.93	2.83	4.04
18:1	g	9.91			8.43	25.50	36.42
20:1	g	0.05			0.04	0.12	0.17
22:1	g						
Polyunsaturated, total	g	0.98			0.84	2.53	3.61
18:2	g	0.65			0.55	1.67	2.38
18:3	g	0.30			0.26	0.77	1.11
18:4	g						
20:4	g	0.03			0.03	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	99			84	256	365
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.302			0.257	0.777	1.110
Threonine	g	1.178			1.002	3.031	4.330
Isoleucine	g	1.213			1.031	3.120	4.456
Leucine	g	2.132			1.813	5.485	7.835
Lysine	g	2.245			1.908	5.773	8.247
Methionine	g	0.691			0.587	1.776	2.538
Cystine	g	0.302			0.257	0.777	1.110
Phenylalanine	g	1.053			0.895	2.709	3.870
Tyrosine	g	0.906			0.771	2.332	3.330
Valine	g	1.312			1.115	3.375	4.821
Arginine	g	1.705			1.449	4.385	6.264
Histidine	g	0.924			0.785	2.376	3.394
Alanine	g	1.627			1.383	4.186	5.979
Aspartic acid	g	2.465			2.095	6.339	9.056
Glutamic acid	g	4.053			3.445	10.425	14.892
Glycine	g	1.472			1.251	3.786	5.408
Proline	g	1.191			1.013	3.064	4.377
Serine	g	1.032			0.877	2.653	3.790

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[1] Raw weight includes refuse; cooked weight excludes refuse.

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BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 249 g[1]	Refuse: Bone 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	51.36			43.65	127.98	191.00
Food energy	*kcal*	293			249	730	1,090
	kJ	1,227			1,043	3,058	4,563
Protein (N x 6.25)	*g*	29.44			25.02	73.36	109.49
Total lipid (fat)	*g*	18.56			15.78	46.25	69.03
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.00			0.85	2.50	3.74
Minerals:							
Calcium	*mg*	10			8	24	36
Iron	*mg*	3.35			2.85	8.36	12.47
Magnesium	*mg*	21			18	53	79
Phosphorus	*mg*	237			202	591	882
Potassium	*mg*	262			223	652	974
Sodium	*mg*	62			53	155	231
Zinc	*mg*	7.50			6.37	18.69	27.89
Copper	*mg*	0.145			0.123	0.361	0.539
Manganese	*mg*	0.017			0.015	0.043	0.064
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.18	0.27
Riboflavin	*mg*	0.26			0.22	0.64	0.96
Niacin	*mg*	3.37			2.87	8.40	12.54
Pantothenic acid	*mg*	0.35			0.29	0.86	1.29
Vitamin B-6	*mg*	0.30			0.25	0.75	1.11
Folate	*mcg*	10			8	24	36
Vitamin B-12	*mcg*	3.12			2.65	7.76	11.59
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	7.21			6.13	17.97	26.82
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.04			0.04	0.11	0.16
12:0	*g*	0.05			0.04	0.12	0.18
14:0	*g*	0.57			0.48	1.41	2.11
16:0	*g*	4.43			3.77	11.05	16.49
18:0	*g*	2.12			1.80	5.29	7.89
Monounsaturated, total	*g*	7.93			6.74	19.75	29.48
16:1	*g*	0.77			0.66	1.93	2.88
18:1	*g*	7.13			6.06	17.76	26.50
20:1	*g*	0.03			0.02	0.07	0.10
22:1	*g*						
Polyunsaturated, total	*g*	0.71			0.60	1.77	2.65
18:2	*g*	0.49			0.41	1.21	1.81
18:3	*g*	0.19			0.16	0.47	0.70
18:4	*g*						
20:4	*g*	0.04			0.03	0.09	0.14
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	100			85	249	372
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.330			0.280	0.822	1.226
Threonine	*g*	1.286			1.093	3.205	4.782
Isoleucine	*g*	1.324			1.125	3.298	4.922
Leucine	*g*	2.327			1.978	5.799	8.654
Lysine	*g*	2.449			2.082	6.104	9.109
Methionine	*g*	0.754			0.641	1.878	2.803
Cystine	*g*	0.330			0.280	0.822	1.226
Phenylalanine	*g*	1.149			0.977	2.864	4.274
Tyrosine	*g*	0.989			0.841	2.465	3.679
Valine	*g*	1.432			1.217	3.568	5.325
Arginine	*g*	1.861			1.581	4.637	6.920
Histidine	*g*	1.008			0.857	2.512	3.749
Alanine	*g*	1.776			1.509	4.425	6.604
Aspartic acid	*g*	2.690			2.286	6.703	10.003
Glutamic acid	*g*	4.423			3.760	11.022	16.449
Glycine	*g*	1.606			1.365	4.003	5.974
Proline	*g*	1.300			1.105	3.240	4.835
Serine	*g*	1.126			0.957	2.805	4.187

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.60			283.96	17.75	241.33
Food energy	kcal	234			1,059	66	900
	kJ	977			4,434	277	3,768
Protein (N x 6.25)	g	18.65			84.61	5.29	71.91
Total lipid (fat)	g	17.06			77.37	4.84	65.76
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.90			4.06	0.25	3.45
Minerals:							
Calcium	mg	7			31	2	26
Iron	mg	2.13			9.64	0.60	8.20
Magnesium	mg	20			90	6	76
Phosphorus	mg	175			795	50	675
Potassium	mg	311			1,410	88	1,198
Sodium	mg	59			269	17	229
Zinc	mg	4.08			18.51	1.16	15.73
Copper	mg	0.082			0.371	0.023	0.315
Manganese	mg	0.012			0.056	0.004	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.50	0.03	0.42
Riboflavin	mg	0.18			0.81	0.05	0.69
Niacin	mg	3.27			14.81	0.93	12.59
Pantothenic acid	mg	0.31			1.38	0.09	1.18
Vitamin B-6	mg	0.39			1.75	0.11	1.49
Folate	mcg	7			32	2	27
Vitamin B-12	mcg	3.08			13.95	0.87	11.86
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	6.93			31.44	1.96	26.72
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.28	0.02	0.24
12:0	g	0.04			0.19	0.01	0.16
14:0	g	0.55			2.48	0.16	2.11
16:0	g	4.18			18.96	1.18	16.11
18:0	g	2.10			9.52	0.60	8.09
Monounsaturated, total	g	7.28			33.00	2.06	28.05
16:1	g	0.88			3.99	0.25	3.39
18:1	g	6.37			28.91	1.81	24.57
20:1	g	0.02			0.10	0.01	0.08
22:1	g						
Polyunsaturated, total	g	0.66			2.98	0.19	2.53
18:2	g	0.41			1.88	0.12	1.60
18:3	g	0.23			1.02	0.06	0.87
18:4	g						
20:4	g	0.02			0.08	0.00	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68			308	19	261
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.209			0.948	0.059	0.805
Threonine	g	0.815			3.696	0.231	3.141
Isoleucine	g	0.839			3.804	0.238	3.233
Leucine	g	1.474			6.687	0.418	5.683
Lysine	g	1.552			7.039	0.440	5.983
Methionine	g	0.478			2.168	0.135	1.841
Cystine	g	0.209			0.948	0.059	0.805
Phenylalanine	g	0.728			3.303	0.206	2.807
Tyrosine	g	0.627			2.843	0.178	2.416
Valine	g	0.907			4.115	0.257	3.497
Arginine	g	1.179			5.347	0.334	4.544
Histidine	g	0.639			2.897	0.181	2.462
Alanine	g	1.125			5.104	0.319	4.337
Aspartic acid	g	1.704			7.730	0.483	6.569
Glutamic acid	g	2.802			12.711	0.794	10.803
Glycine	g	1.018			4.616	0.289	3.923
Proline	g	0.824			3.736	0.234	3.175
Serine	g	0.713			3.235	0.202	2.750

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 254 g[1]	Refuse: Bone 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49.24			41.86	125.07	178.65
Food energy	kcal	315			268	800	1,143
	kJ	1,318			1,121	3,349	4,783
Protein (N x 6.25)	g	27.87			23.69	70.80	101.13
Total lipid (fat)	g	21.72			18.46	55.17	78.80
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.96			0.81	2.43	3.48
Minerals:							
Calcium	mg	10			9	26	37
Iron	mg	3.16			2.69	8.03	11.47
Magnesium	mg	20			17	50	72
Phosphorus	mg	224			190	569	812
Potassium	mg	250			212	635	907
Sodium	mg	60			51	153	219
Zinc	mg	6.99			5.94	17.76	25.36
Copper	mg	0.137			0.116	0.347	0.496
Manganese	mg	0.016			0.014	0.041	0.059
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.25
Riboflavin	mg	0.24			0.21	0.62	0.88
Niacin	mg	3.22			2.74	8.18	11.68
Pantothenic acid	mg	0.33			0.28	0.84	1.20
Vitamin B-6	mg	0.29			0.24	0.73	1.04
Folate	mcg	9			8	23	33
Vitamin B-12	mcg	2.99			2.54	7.60	10.85
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.57			7.28	21.76	31.08
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.16	0.23
12:0	g	0.06			0.05	0.16	0.23
14:0	g	0.68			0.58	1.74	2.49
16:0	g	5.29			4.50	13.44	19.20
18:0	g	2.46			2.09	6.26	8.94
Monounsaturated, total	g	9.32			7.92	23.68	33.82
16:1	g	0.93			0.79	2.36	3.37
18:1	g	8.35			7.10	21.22	30.31
20:1	g	0.04			0.03	0.10	0.14
22:1	g						
Polyunsaturated, total	g	0.83			0.70	2.10	3.01
18:2	g	0.54			0.46	1.38	1.98
18:3	g	0.26			0.22	0.65	0.93
18:4	g						
20:4	g	0.03			0.02	0.07	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	100			85	253	361
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.312			0.265	0.793	1.133
Threonine	g	1.218			1.035	3.093	4.417
Isoleucine	g	1.253			1.065	3.183	4.547
Leucine	g	2.203			1.873	5.596	7.993
Lysine	g	2.319			1.971	5.891	8.414
Methionine	g	0.714			0.607	1.812	2.589
Cystine	g	0.312			0.265	0.793	1.133
Phenylalanine	g	1.088			0.925	2.764	3.948
Tyrosine	g	0.937			0.796	2.379	3.398
Valine	g	1.356			1.152	3.444	4.919
Arginine	g	1.762			1.497	4.475	6.391
Histidine	g	0.954			0.811	2.424	3.463
Alanine	g	1.681			1.429	4.271	6.100
Aspartic acid	g	2.547			2.165	6.468	9.239
Glutamic acid	g	4.188			3.560	10.637	15.193
Glycine	g	1.521			1.293	3.863	5.517
Proline	g	1.231			1.046	3.127	4.466
Serine	g	1.066			0.906	2.707	3.867

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 249 g[1]	Refuse: Bone 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.18			46.05	134.91	201.50
Food energy	kcal	260			221	649	969
	kJ	1,090			927	2,715	4,055
Protein (N x 6.25)	g	30.11			25.59	74.98	111.98
Total lipid (fat)	g	14.62			12.43	36.41	54.39
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.02			0.87	2.55	3.81
Minerals:							
Calcium	mg	10			8	24	36
Iron	mg	3.44			2.92	8.55	12.78
Magnesium	mg	22			18	54	81
Phosphorus	mg	243			207	605	904
Potassium	mg	267			227	665	993
Sodium	mg	63			53	156	233
Zinc	mg	7.72			6.56	19.21	28.70
Copper	mg	0.149			0.126	0.370	0.552
Manganese	mg	0.017			0.015	0.043	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.28
Riboflavin	mg	0.26			0.22	0.66	0.98
Niacin	mg	3.44			2.92	8.56	12.78
Pantothenic acid	mg	0.35			0.30	0.88	1.31
Vitamin B-6	mg	0.31			0.26	0.76	1.14
Folate	mcg	10			8	25	37
Vitamin B-12	mcg	3.17			2.69	7.89	11.78
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.69			4.84	14.18	21.18
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.09	0.13
12:0	g	0.04			0.03	0.09	0.14
14:0	g	0.45			0.38	1.12	1.67
16:0	g	3.50			2.98	8.72	13.03
18:0	g	1.67			1.42	4.16	6.21
Monounsaturated, total	g	6.25			5.31	15.56	23.24
16:1	g	0.61			0.52	1.52	2.27
18:1	g	5.62			4.77	13.98	20.89
20:1	g	0.02			0.02	0.06	0.08
22:1	g						
Polyunsaturated, total	g	0.56			0.48	1.39	2.08
18:2	g	0.38			0.32	0.95	1.42
18:3	g	0.15			0.13	0.38	0.56
18:4	g						
20:4	g	0.03			0.02	0.07	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	100			85	250	373
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.337			0.287	0.840	1.254
Threonine	g	1.315			1.118	3.275	4.891
Isoleucine	g	1.354			1.151	3.371	5.035
Leucine	g	2.380			2.023	5.926	8.851
Lysine	g	2.505			2.129	6.238	9.317
Methionine	g	0.771			0.655	1.919	2.867
Cystine	g	0.337			0.287	0.840	1.254
Phenylalanine	g	1.176			0.999	2.927	4.372
Tyrosine	g	1.012			0.860	2.519	3.763
Valine	g	1.465			1.245	3.647	5.447
Arginine	g	1.903			1.618	4.738	7.077
Histidine	g	1.031			0.876	2.567	3.834
Alanine	g	1.816			1.544	4.523	6.755
Aspartic acid	g	2.751			2.338	6.850	10.231
Glutamic acid	g	4.524			3.845	11.264	16.824
Glycine	g	1.643			1.396	4.091	6.110
Proline	g	1.330			1.130	3.311	4.945
Serine	g	1.151			0.979	2.867	4.282

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 194 g[1]	Refuse: Bone 19% Separable fat 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.80			49.13	111.90	159.87
Food energy	kcal	216			183	418	597
	kJ	904			768	1,749	2,499
Protein (N x 6.25)	g	33.02	0.480	16	28.07	63.92	91.33
Total lipid (fat)	g	8.30			7.05	16.07	22.96
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11	0.031	15	0.94	2.15	3.07
Minerals:							
Calcium	mg	9	0.726	9	8	17	25
Iron	mg	3.79	0.181	9	3.22	7.34	10.48
Magnesium	mg	24	0.511	9	20	46	66
Phosphorus	mg	268			228	519	741
Potassium	mg	289	4.146	9	246	560	799
Sodium	mg	66	5.606	9	56	128	183
Zinc	mg	8.66	0.349	8	7.36	16.77	23.95
Copper	mg	0.164	0.013	8	0.139	0.318	0.454
Manganese	mg	0.019			0.016	0.037	0.053
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08	0.004	14	0.07	0.16	0.22
Riboflavin	mg	0.29	0.014	12	0.25	0.56	0.80
Niacin	mg	3.72	0.327	14	3.16	7.20	10.28
Pantothenic acid	mg	0.38	0.033	4	0.33	0.74	1.06
Vitamin B-6	mg	0.33	0.017	4	0.28	0.64	0.91
Folate	mcg	11	2.071	14	9	21	30
Vitamin B-12	mcg	3.40	0.500	15	2.89	6.58	9.40
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.01			2.56	5.83	8.33
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.01		8	0.01	0.02	0.02
14:0	g	0.22		9	0.18	0.42	0.60
16:0	g	1.81		9	1.53	3.49	4.99
18:0	g	0.98		9	0.83	1.90	2.72
Monounsaturated, total	g	3.47			2.95	6.72	9.60
16:1	g	0.31		9	0.26	0.60	0.85
18:1	g	3.16		9	2.69	6.12	8.74
20:1	g	0.00		9	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.32			0.28	0.63	0.90
18:2	g	0.26		9	0.22	0.50	0.71
18:3	g	0.02		9	0.02	0.05	0.07
18:4	g						
20:4	g	0.04		9	0.04	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	101	1.572	8	86	196	279
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.370			0.314	0.716	1.023
Threonine	g	1.442			1.226	2.792	3.989
Isoleucine	g	1.485			1.262	2.874	4.106
Leucine	g	2.610			2.218	5.053	7.219
Lysine	g	2.747			2.335	5.318	7.599
Methionine	g	0.845			0.718	1.636	2.338
Cystine	g	0.370			0.314	0.716	1.023
Phenylalanine	g	1.289			1.096	2.496	3.566
Tyrosine	g	1.109			0.943	2.148	3.069
Valine	g	1.606			1.365	3.109	4.442
Arginine	g	2.087			1.774	4.040	5.772
Histidine	g	1.131			0.961	2.189	3.127
Alanine	g	1.992			1.693	3.856	5.509
Aspartic acid	g	3.017			2.564	5.840	8.344
Glutamic acid	g	4.961			4.217	9.604	13.721
Glycine	g	1.802			1.531	3.488	4.983
Proline	g	1.458			1.239	2.823	4.033
Serine	g	1.263			1.073	2.444	3.492

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 210 g[1]	Refuse: Bone 19% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.50			49.72	122.62	183.05
Food energy	kcal	210			178	439	656
	kJ	877			746	1,839	2,745
Protein (N x 6.25)	g	33.02	0.480	16	28.07	69.21	103.32
Total lipid (fat)	g	7.60			6.46	15.93	23.78
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11	0.031	15	0.94	2.33	3.47
Minerals:							
Calcium	mg	9	0.726	9	8	19	28
Iron	mg	3.79	0.181	9	3.22	7.94	11.56
Magnesium	mg	24	0.511	9	20	50	75
Phosphorus	mg	268			228	562	839
Potassium	mg	289	4.146	9	246	606	904
Sodium	mg	66	6.606	9	56	138	207
Zinc	mg	8.66	0.349	8	7.36	18.15	27.10
Copper	mg	0.164	0.013	9	0.139	0.344	0.513
Manganese	mg	0.019			0.016	0.040	0.059
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08	0.004	14	0.07	0.17	0.25
Riboflavin	mg	0.29	0.014	12	0.25	0.61	0.90
Niacin	mg	3.72	0.327	14	3.16	7.79	11.63
Pantothenic acid	mg	0.38	0.033		0.33	0.80	1.20
Vitamin B-6	mg	0.33	0.017		0.28	0.69	1.03
Folate	mcg	11	2.071	14	9	23	34
Vitamin B-12	mcg	3.40	0.500	15	2.89	7.13	10.64
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.76			2.34	5.78	8.63
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.01		8	0.01	0.02	
14:0	g	0.20		9	0.17	0.42	0.62
16:0	g	1.65		9	1.41	3.45	5.17
18:0	g	0.90		9	0.76	1.88	2.81
Monounsaturated, total	g	3.18			2.70	6.66	9.94
16:1	g	0.28		9	0.24	0.59	0.88
18:1	g	2.89		9	2.46	6.07	9.06
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.30			0.25	0.62	0.93
18:2	g	0.24		9	0.20	0.49	0.74
18:3	g	0.02		9	0.02	0.05	0.07
18:4	g						
20:4	g	0.04		9	0.03	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	101	1.572	8	86	212	316
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.370			0.314	0.775	1.157
Threonine	g	1.442			1.226	3.023	4.513
Isoleucine	g	1.485			1.262	3.112	4.645
Leucine	g	2.610			2.218	5.470	8.166
Lysine	g	2.747			2.335	5.758	8.596
Methionine	g	0.845			0.718	1.772	2.645
Cystine	g	0.370			0.314	0.775	1,157
Phenylalanine	g	1.289			1.096	2.702	4.033
Tyrosine	g	1.109			0.943	2.325	3.471
Valine	g	1.606			1.365	3.366	5.025
Arginine	g	2.087			1.774	4.374	6.530
Histidine	g	1.131			0.961	2.370	3.538
Alanine	g	1.992			1.693	4.175	6.232
Aspartic acid	g	3.017			2.564	6.323	9.439
Glutamic acid	g	4.961			4.217	10.398	15.522
Glycine	g	1.802			1.531	3.776	5.637
Proline	g	1.458			1.239	3.056	4.562
Serine	g	1.263			1.073	2.646	3.951

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 187 g[1]	Refuse: Bone 19% Separable fat 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.30			48.70	107.32	153.33
Food energy	kcal	225			191	421	602
	kJ	941			800	1,763	2,519
Protein (N x 6.25)	g	33.02			28.07	61.84	88.36
Total lipid (fat)	g	9.30			7.90	17.42	24.89
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11			0.94	2.08	2.97
Minerals:							
Calcium	mg	9			8	17	24
Iron	mg	3.79			3.22	7.10	10.14
Magnesium	mg	24			20	45	64
Phosphorus	mg	268			228	502	717
Potassium	mg	289			246	541	773
Sodium	mg	66			56	124	177
Zinc	mg	8.66			7.36	16.22	23.17
Copper	mg	0.164			0.139	0.307	0.439
Manganese	mg	0.019			0.016	0.036	0.051
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.15	0.22
Riboflavin	mg	0.29			0.25	0.54	0.77
Niacin	mg	3.72			3.16	6.96	9.95
Pantothenic acid	mg	0.38			0.33	0.72	1.02
Vitamin B-6	mg	0.33			0.28	0.62	0.88
Folate	mcg	11			9	21	29
Vitamin B-12	mcg	3.40			2.89	6.37	9.10
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.37			2.87	6.32	9.03
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.24			0.21	0.45	0.65
16:0	g	2.02			1.72	3.79	5.41
18:0	g	1.10			0.93	2.06	2.94
Monounsaturated, total	g	3.89			3.30	7.28	10.40
16:1	g	0.34			0.29	0.65	0.92
18:1	g	3.54			3.01	6.63	9.48
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.36			0.31	0.68	0.97
18:2	g	0.29			0.25	0.54	0.77
18:3	g	0.03			0.02	0.05	0.07
18:4	g						
20:4	g	0.05			0.04	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	101			86	189	270
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.370			0.314	0.693	0.990
Threonine	g	1.442			1.226	2.701	3.859
Isoleucine	g	1.485			1.262	2.781	3.973
Leucine	g	2.610			2.218	4.888	6.984
Lysine	g	2.747			2.335	5.145	7.351
Methionine	g	0.845			0.718	1.583	2.262
Cystine	g	0.370			0.314	0.693	0.990
Phenylalanine	g	1.289			1.096	2.414	3.449
Tyrosine	g	1.109			0.943	2.078	2.969
Valine	g	1.606			1.365	3.008	4.298
Arginine	g	2.087			1.774	3.909	5.584
Histidine	g	1.131			0.961	2.118	3.025
Alanine	g	1.992			1.693	3.730	5.330
Aspartic acid	g	3.017			2.564	5.650	8.072
Glutamic acid	g	4.961			4.217	9.291	13.275
Glycine	g	1.802			1.531	3.374	4.821
Proline	g	1.458			1.239	2.731	3.902
Serine	g	1.263			1.073	2.365	3.379

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 207 g[1]	Refuse: Bone 19% Separable fat 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	57.60			48.96	119.00	177.64
Food energy	*kcal*	219			187	453	677
	kJ	919			781	1,898	2,833
Protein (N x 6.25)	*g*	33.02			28.07	68.22	101.83
Total lipid (fat)	*g*	8.70			7.39	17.97	26.83
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.11			0.94	2.29	3.42
Minerals:							
Calcium	*mg*	9			8	19	28
Iron	*mg*	3.79			3.22	7.83	11.69
Magnesium	*mg*	24			20	50	74
Phosphorus	*mg*	268			228	554	827
Potassium	*mg*	289			246	597	891
Sodium	*mg*	66			56	136	204
Zinc	*mg*	8.66			7.36	17.89	26.71
Copper	*mg*	0.164			0.139	0.339	0.506
Manganese	*mg*	0.019			0.016	0.039	0.059
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.17	0.25
Riboflavin	*mg*	0.29			0.25	0.60	0.89
Niacin	*mg*	3.72			3.16	7.68	11.46
Pantothenic acid	*mg*	0.38			0.33	0.79	1.18
Vitamin B-6	*mg*	0.33			0.28	0.68	1.02
Folate	*mcg*	11			9	23	34
Vitamin B-12	*mcg*	3.40			2.89	7.02	10.49
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	3.16			2.68	6.52	9.74
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.01			0.01	0.02	0.03
14:0	*g*	0.23			0.19	0.47	0.70
16:0	*g*	1.89			1.61	3.91	5.84
18:0	*g*	1.03			0.87	2.13	3.17
Monounsaturated, total	*g*	3.64			3.09	7.51	11.21
16:1	*g*	0.32			0.27	0.67	1.00
18:1	*g*	3.31			2.82	6.85	10.22
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.34			0.29	0.70	1.05
18:2	*g*	0.27			0.23	0.56	0.83
18:3	*g*	0.03			0.02	0.05	0.08
18:4	*g*						
20:4	*g*	0.04			0.04	0.09	0.13
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	101			86	209	311
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.370			0.314	0.764	1.140
Threonine	*g*	1.442			1.226	2.980	4.448
Isoleucine	*g*	1.485			1.262	3.067	4.578
Leucine	*g*	2.610			2.218	5.392	8.049
Lysine	*g*	2.747			2.335	5.676	8.472
Methionine	*g*	0.845			0.718	1.746	2.607
Cystine	*g*	0.370			0.314	0.764	1.140
Phenylalanine	*g*	1.289			1.096	2.663	3.975
Tyrosine	*g*	1.109			0.943	2.292	3.421
Valine	*g*	1.606			1.365	3.318	4.953
Arginine	*g*	2.087			1.774	4.311	6.436
Histidine	*g*	1.131			0.961	2.336	3.487
Alanine	*g*	1.992			1.693	4.115	6.142
Aspartic acid	*g*	3.017			2.564	6.232	9.303
Glutamic acid	*g*	4.961			4.217	10.249	15.299
Glycine	*g*	1.802			1.531	3.722	5.556
Proline	*g*	1.458			1.239	3.012	4.497
Serine	*g*	1.263			1.073	2.609	3.894

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 197 g[1]	Refuse: Bone 20% Separable fat 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.40			49.64	114.93	164.22
Food energy	kcal	206			175	405	579
	kJ	862			733	1,697	2,424
Protein (N x 6.25)	g	33.02			28.07	64.98	92.85
Total lipid (fat)	g	7.20			6.12	14.17	20.25
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11			0.94	2.18	3.12
Minerals:							
Calcium	mg	9			8	18	25
Iron	mg	3.79			3.22	7.46	10.66
Magnesium	mg	24			20	47	67
Phosphorus	mg	268			228	527	754
Potassium	mg	289			246	569	813
Sodium	mg	66			56	130	186
Zinc	mg	8.66			7.36	17.04	24.35
Copper	mg	0.164			0.139	0.323	0.461
Manganese	mg	0.019			0.016	0.037	0.053
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.16	0.23
Riboflavin	mg	0.29			0.25	0.57	0.81
Niacin	mg	3.72			3.16	7.32	10.45
Pantothenic acid	mg	0.38			0.33	0.75	1.08
Vitamin B-6	mg	0.33			0.28	0.65	0.93
Folate	mcg	11			9	22	31
Vitamin B-12	mcg	3.40			2.89	6.69	9.56
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.61			2.22	5.14	7.35
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.01	0.02
14:0	g	0.19			0.16	0.37	0.53
16:0	g	1.57			1.33	3.08	4.40
18:0	g	0.85			0.72	1.68	2.39
Monounsaturated, total	g	3.01			2.56	5.92	8.46
16:1	g	0.27			0.23	0.53	0.75
18:1	g	2.74			2.33	5.40	7.71
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.28			0.24	0.55	0.79
18:2	g	0.22			0.19	0.44	0.63
18:3	g	0.02			0.02	0.04	0.06
18:4	g						
20:4	g	0.04			0.03	0.07	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	101			86	199	284
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.370			0.314	0.728	1.040
Threonine	g	1.442			1.226	2.838	4.056
Isoleucine	g	1.485			1.262	2.922	4.174
Leucine	g	2.610			2.218	5.136	7.339
Lysine	g	2.747			2.335	5.406	7.725
Methionine	g	0.845			0.718	1.664	2.377
Cystine	g	0.370			0.314	0.728	1.040
Phenylalanine	g	1.289			1.096	2.537	3.625
Tyrosine	g	1.109			0.943	2.183	3.120
Valine	g	1.606			1.365	3.161	4.516
Arginine	g	2.087			1.774	4.107	5.868
Histidine	g	1.131			0.961	2.225	3.179
Alanine	g	1.992			1.693	3.920	5.601
Aspartic acid	g	3.017			2.564	5.937	8.483
Glutamic acid	g	4.961			4.217	9.763	13.950
Glycine	g	1.802			1.531	3.545	5.066
Proline	g	1.458			1.239	2.870	4.100
Serine	g	1.263			1.073	2.485	3.551

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, ARM POT ROAST, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 216 g[1]	Refuse: Bone 18% Separable fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	59.50			50.57	128.34	191.59
Food energy	*kcal*	198			168	427	637
	kJ	828			704	1,786	2,666
Protein (N x 6.25)	*g*	33.02			28.07	71.22	106.32
Total lipid (fat)	*g*	6.30			5.35	13.59	20.29
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.11			0.94	2.39	3.57
Minerals:							
Calcium	*mg*	9			8	19	29
Iron	*mg*	3.79			3.22	8.18	12.20
Magnesium	*mg*	24			20	52	77
Phosphorus	*mg*	268			228	578	863
Potassium	*mg*	289			246	623	931
Sodium	*mg*	66			56	142	213
Zinc	*mg*	8.66			7.36	18.68	27.89
Copper	*mg*	0.164			0.139	0.354	0.528
Manganese	*mg*	0.019			0.016	0.041	0.061
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.17	0.26
Riboflavin	*mg*	0.29			0.25	0.62	0.93
Niacin	*mg*	3.72			3.16	8.02	11.97
Pantothenic acid	*mg*	0.38			0.33	0.83	1.23
Vitamin B-6	*mg*	0.33			0.28	0.71	1.06
Folate	*mcg*	11			9	24	35
Vitamin B-12	*mcg*	3.40			2.89	7.33	10.95
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.29			1.94	4.93	7.36
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.01			0.01	0.01	0.02
14:0	*g*	0.16			0.14	0.35	0.53
16:0	*g*	1.37			1.16	2.96	4.41
18:0	*g*	0.75			0.63	1.61	2.40
Monounsaturated, total	*g*	2.63			2.24	5.68	8.48
16:1	*g*	0.23			0.20	0.50	0.75
18:1	*g*	2.40			2.04	5.18	7.73
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.25			0.21	0.53	0.79
18:2	*g*	0.20			0.17	0.42	0.63
18:3	*g*	0.02			0.02	0.04	0.06
18:4	*g*						
20:4	*g*	0.03			0.03	0.07	0.10
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	101			86	218	325
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.370			0.314	0.798	1.191
Threonine	*g*	1.442			1.226	3.111	4.644
Isoleucine	*g*	1.485			1.262	3.202	4.780
Leucine	*g*	2.610			2.218	5.629	8.404
Lysine	*g*	2.747			2.335	5.926	8.846
Methionine	*g*	0.845			0.718	1.823	2.722
Cystine	*g*	0.370			0.314	0.798	1.191
Phenylalanine	*g*	1.289			1.096	2.780	4.151
Tyrosine	*g*	1.109			0.943	2.393	3.572
Valine	*g*	1.606			1.365	3.464	5.171
Arginine	*g*	2.087			1.774	4.501	6.719
Histidine	*g*	1.131			0.961	2.439	3.640
Alanine	*g*	1.992			1.693	4.296	6.413
Aspartic acid	*g*	3.017			2.564	6.507	9.713
Glutamic acid	*g*	4.961			4.217	10.700	15.974
Glycine	*g*	1.802			1.531	3.886	5.801
Proline	*g*	1.458			1.239	3.145	4.695
Serine	*g*	1.263			1.073	2.724	4.066

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion 1 pound of food as purcha
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.68			275.25	17.20	222.95
Food energy	kcal	254			1,152	72	933
	kJ	1,063			4,824	302	3,907
Protein (N x 6.25)	g	17.04			77.30	4.83	62.61
Total lipid (fat)	g	20.10			91.16	5.70	73.84
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.82			3.70	0.23	3.00
Minerals:							
Calcium	mg	10			45	3	37
Iron	mg	2.02			9.17	0.57	7.43
Magnesium	mg	17			75	5	61
Phosphorus	mg	161			729	46	591
Potassium	mg	268			1,217	76	986
Sodium	mg	67			306	19	248
Zinc	mg	4.93			22.35	1.40	18.11
Copper	mg	0.072			0.327	0.020	0.265
Manganese	mg	0.012			0.056	0.004	0.046
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.43	0.03	0.35
Riboflavin	mg	0.17			0.75	0.05	0.61
Niacin	mg	2.17			9.85	0.62	7.97
Pantothenic acid	mg	0.29			1.30	0.08	1.05
Vitamin B-6	mg	0.35			1.61	0.10	1.30
Folate	mcg	5			24	2	20
Vitamin B-12	mcg	3.37			15.30	0.96	12.39
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.11			36.81	2.30	29.81
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.28	0.02	0.23
12:0	g	0.05			0.22	0.01	0.18
14:0	g	0.64			2.91	0.18	2.36
16:0	g	4.87			22.08	1.38	17.88
18:0	g	2.49			11.32	0.71	9.17
Monounsaturated, total	g	8.82			40.00	2.50	32.40
16:1	g	0.99			4.50	0.28	3.64
18:1	g	7.80			35.37	2.21	28.65
20:1	g	0.03			0.13	0.01	0.10
22:1	g						
Polyunsaturated, total	g	0.73			3.33	0.21	2.70
18:2	g	0.48			2.18	0.14	1.77
18:3	g	0.23			1.03	0.06	0.83
18:4	g						
20:4	g	0.03			0.12	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			326	20	264
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.191			0.866	0.054	0.701
Threonine	g	0.744			3.377	0.211	2.735
Isoleucine	g	0.766			3.476	0.217	2.815
Leucine	g	1.347			6.110	0.382	4.949
Lysine	g	1.418			6.432	0.402	5.209
Methionine	g	0.436			1.979	0.124	1.603
Cystine	g	0.191			0.866	0.054	0.701
Phenylalanine	g	0.665			3.018	0.189	2.444
Tyrosine	g	0.573			2.597	0.162	2.104
Valine	g	0.829			3.760	0.235	3.046
Arginine	g	1.077			4.886	0.305	3.957
Histidine	g	0.584			2.647	0.165	2.144
Alanine	g	1.028			4.663	0.291	3.777
Aspartic acid	g	1.557			7.063	0.441	5.720
Glutamic acid	g	2.560			11.614	0.726	9.407
Glycine	g	0.930			4.218	0.264	3.416
Proline	g	0.753			3.414	0.213	2.765
Serine	g	0.652			2.956	0.185	2.394

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 248 g[1]	Refuse: Bone 23%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.30			40.20	117.26	165.17
Food energy	kcal	345			293	856	1,205
	kJ	1,445			1,228	3,582	5,046
Protein (N x 6.25)	g	26.57			22.59	65.87	92.79
Total lipid (fat)	g	25.69			21.84	63.69	89.71
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.87			0.74	2.16	3.04
Minerals:							
Calcium	mg	13			11	33	46
Iron	mg	3.10			2.64	7.69	10.84
Magnesium	mg	19			16	48	67
Phosphorus	mg	200			170	496	698
Potassium	mg	231			197	573	808
Sodium	mg	64			55	160	225
Zinc	mg	8.32			7.07	20.62	29.05
Copper	mg	0.125			0.107	0.311	0.438
Manganese	mg	0.016			0.013	0.039	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.25
Riboflavin	mg	0.24			0.21	0.60	0.84
Niacin	mg	2.42			2.06	6.00	8.46
Pantothenic acid	mg	0.31			0.26	0.76	1.08
Vitamin B-6	mg	0.26			0.22	0.64	0.90
Folate	mcg	5			5	13	19
Vitamin B-12	mcg	2.28			1.94	5.66	7.97
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.23			8.70	25.37	35.73
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.16	0.23
12:0	g	0.06			0.05	0.15	0.22
14:0	g	0.82			0.70	2.03	2.86
16:0	g	6.23			5.29	15.43	21.74
18:0	g	3.06			2.60	7.59	10.69
Monounsaturated, total	g	11.10			9.44	27.53	38.77
16:1	g	1.05			0.89	2.59	3.65
18:1	g	10.01			8.51	24.82	34.97
20:1	g	0.04			0.04	0.11	0.15
22:1	g						
Polyunsaturated, total	g	0.92			0.78	2.28	3.21
18:2	g	0.63			0.54	1.56	2.20
18:3	g	0.26			0.22	0.63	0.89
18:4	g						
20:4	g	0.03			0.03	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	104			88	257	362
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.298			0.253	0.738	1.039
Threonine	g	1.161			0.987	2.877	4.053
Isoleucine	g	1.195			1.015	2.962	4.172
Leucine	g	2.100			1.785	5.206	7.334
Lysine	g	2.211			1.879	5.480	7.720
Methionine	g	0.680			0.578	1.686	2.375
Cystine	g	0.298			0.253	0.738	1.039
Phenylalanine	g	1.037			0.882	2.572	3.622
Tyrosine	g	0.893			0.759	2.213	3.118
Valine	g	1.292			1.099	3.204	4.513
Arginine	g	1.679			1.427	4.163	5.864
Histidine	g	0.910			0.773	2.255	3.177
Alanine	g	1.603			1.362	3.973	5.597
Aspartic acid	g	2.428			2.063	6.018	8.477
Glutamic acid	g	3.992			3.393	9.896	13.941
Glycine	g	1.450			1.232	3.594	5.063
Proline	g	1.173			0.997	2.909	4.098
Serine	g	1.016			0.864	2.519	3.548

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 235 g[1]	Refuse: Bone 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	47.92			40.73	112.46	163.02
Food energy	*kcal*	334			284	783	1,136
	kJ	1,397			1,188	3,279	4,753
Protein (N x 6.25)	*g*	27.18			23.11	63.80	92.48
Total lipid (fat)	*g*	24.14			20.52	56.65	82.11
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.89			0.75	2.08	3.02
Minerals:							
Calcium	*mg*	13			11	31	45
Iron	*mg*	3.18			2.70	7.47	10.83
Magnesium	*mg*	20			17	46	67
Phosphorus	*mg*	205			174	481	697
Potassium	*mg*	236			200	553	802
Sodium	*mg*	65			56	153	222
Zinc	*mg*	8.58			7.30	20.15	29.21
Copper	*mg*	0.128			0.109	0.301	0.437
Manganese	*mg*	0.016			0.014	0.037	0.054
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.17	0.25
Riboflavin	*mg*	0.25			0.21	0.58	0.84
Niacin	*mg*	2.45			2.09	5.76	8.35
Pantothenic acid	*mg*	0.31			0.27	0.74	1.07
Vitamin B-6	*mg*	0.26			0.22	0.61	0.89
Folate	*mcg*	5			5	13	18
Vitamin B-12	*mcg*	2.31			1.96	5.42	7.85
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	9.59			8.15	22.51	32.64
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.06			0.05	0.14	0.20
12:0	*g*	0.05			0.05	0.13	0.19
14:0	*g*	0.76			0.65	1.79	2.60
16:0	*g*	5.82			4.95	13.66	19.79
18:0	*g*	2.90			2.46	6.80	9.86
Monounsaturated, total	*g*	10.43			8.86	24.48	35.48
16:1	*g*	0.97			0.83	2.28	3.30
18:1	*g*	9.42			8.01	22.11	32.04
20:1	*g*	0.04			0.03	0.09	0.13
22:1	*g*						
Polyunsaturated, total	*g*	0.86			0.73	2.01	2.92
18:2	*g*	0.60			0.51	1.40	2.03
18:3	*g*	0.23			0.19	0.53	0.77
18:4	*g*						
20:4	*g*	0.04			0.03	0.08	0.12
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	104			88	244	354
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.304			0.259	0.715	1.036
Threonine	*g*	1.187			1.009	2.787	4.040
Isoleucine	*g*	1.222			1.039	2.868	4.158
Laucine	*g*	2.149			1.826	5.043	7.310
Lysine	*g*	2.262			1.922	5.308	7.694
Methionine	*g*	0.696			0.592	1.633	2.367
Cystine	*g*	0.304			0.259	0.715	1.036
Phenylalanine	*g*	1.061			0.902	2.491	3.610
Tyrosine	*g*	0.913			0.776	2.144	3.107
Valine	*g*	1.322			1.124	3.103	4.498
Arginine	*g*	1.718			1.460	4.032	5.845
Histidine	*g*	0.931			0.791	2.185	3.167
Alanine	*g*	1.640			1.394	3.848	5.578
Aspartic acid	*g*	2.484			2.111	5.829	8.449
Glutamic acid	*g*	4.084			3.472	9.585	13.894
Glycine	*g*	1.483			1.261	3.481	5.046
Proline	*g*	1.200			1.020	2.817	4.084
Serine	*g*	1.040			0.884	2.440	3.536

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	59.20			268.54	16.78	217.51
Food energy	*kcal*	272			1,235	77	1,000
	kJ	1,140			5,171	323	4,188
Protein (N x 6.25)	*g*	16.82			76.30	4.77	61.80
Total lipid (fat)	*g*	22.23			100.82	6.30	81.66
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.80			3.64	0.23	2.95
Minerals:							
Calcium	*mg*	10			45	3	37
Iron	*mg*	1.99			9.03	0.56	7.31
Magnesium	*mg*	16			74	5	60
Phosphorus	*mg*	158			719	45	582
Potassium	*mg*	263			1,195	75	968
Sodium	*mg*	66			301	19	244
Zinc	*mg*	4.83			21.91	1.37	17.74
Copper	*mg*	0.071			0.323	0.020	0.262
Manganese	*mg*	0.012			0.056	0.003	0.045
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.09			0.42	0.03	0.34
Riboflavin	*mg*	0.16			0.74	0.05	0.60
Niacin	*mg*	2.15			9.76	0.61	7.91
Pantothenic acid	*mg*	0.28			1.28	0.08	1.04
Vitamin B-6	*mg*	0.35			1.58	0.10	1.28
Folate	*mcg*	5			24	2	20
Vitamin B-12	*mcg*	3.32			15.08	0.94	12.21
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	*g*	8.97			40.69	2.54	32.96
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.07			0.31	0.02	0.25
12:0	*g*	0.05			0.24	0.02	0.20
14:0	*g*	0.71			3.22	0.20	2.60
16:0	*g*	5.38			24.41	1.53	19.77
18:0	*g*	2.76			12.51	0.78	10.14
Monounsaturated, total	*g*	9.75			44.23	2.76	35.83
16:1	*g*	1.10			4.97	0.31	4.02
18:1	*g*	8.63			39.12	2.45	31.69
20:1	*g*	0.03			0.14	0.01	0.12
22:1	*g*						
Polyunsaturated, total	*g*	0.81			3.68	0.23	2.98
18:2	*g*	0.53			2.42	0.15	1.96
18:3	*g*	0.25			1.13	0.07	0.92
18:4	*g*						
20:4	*g*	0.03			0.13	0.01	0.11
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	72			329	21	266
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.188			0.855	0.053	0.692
Threonine	*g*	0.735			3.333	0.208	2.700
Isoleucine	*g*	0.756			3.431	0.214	2.779
Leucine	*g*	1.330			6.031	0.377	4.885
Lysine	*g*	1.400			6.348	0.397	5.142
Methionine	*g*	0.431			1.953	0.122	1.582
Cystine	*g*	0.188			0.855	0.053	0.692
Phenylalanine	*g*	0.657			2.979	0.186	2.413
Tyrosine	*g*	0.565			2.564	0.160	2.077
Valine	*g*	0.818			3.711	0.232	3.006
Arginine	*g*	1.063			4.822	0.301	3.906
Histidine	*g*	0.576			2.613	0.163	2.116
Alanine	*g*	1.015			4.603	0.288	3.728
Aspartic acid	*g*	1.537			6.971	0.436	5.646
Glutamic acid	*g*	2.527			11.464	0.716	9.285
Glycine	*g*	0.918			4.163	0.260	3.372
Proline	*g*	0.743			3.370	0.211	2.729
Serine	*g*	0.643			2.918	0.182	2.363

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4 " fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 248 g[1]	Refuse: Bone 23%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	45.96			39.06	113.92	160.48
Food energy	kcal	363			308	899	1,266
	kJ	1,518			1,290	3,764	5,302
Protein (N x 6.25)	g	26.16			22.24	64.86	91.36
Total lipid (fat)	g	27.82			23.65	68.97	97.16
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.86			0.73	2.13	3.00
Minerals:							
Calcium	mg	13			11	33	46
Iron	mg	3.05			2.59	7.56	10.65
Magnesium	mg	19			16	47	66
Phosphorus	mg	197			167	488	687
Potassium	mg	228			194	566	798
Sodium	mg	64			54	158	223
Zinc	mg	8.14			6.92	20.18	28.43
Copper	mg	0.123			0.105	0.306	0.430
Manganese	mg	0.015			0.013	0.038	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.25
Riboflavin	mg	0.24			0.20	0.59	0.83
Niacin	mg	2.40			2.04	5.95	8.38
Pantothenic acid	mg	0.30			0.26	0.75	1.06
Vitamin B-6	mg	0.25			0.22	0.63	0.89
Folate	mcg	5			4	13	18
Vitamin B-12	mcg	2.27			1.93	5.62	7.91
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.08			9.42	27.48	38.71
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.18	0.25
12:0	g	0.07			0.06	0.17	0.23
14:0	g	0.89			0.75	2.20	3.10
16:0	g	6.75			5.73	16.72	23.56
18:0	g	3.31			2.82	8.21	11.57
Monounsaturated, total	g	12.03			10.22	29.81	41.99
16:1	g	1.13			0.96	2.81	3.96
18:1	g	10.84			9.22	26.88	37.87
20:1	g	0.05			0.04	0.12	0.17
22:1	g						
Polyunsaturated, total	g	1.00			0.85	2.47	3.48
18:2	g	0.68			0.58	1.69	2.38
18:3	g	0.28			0.24	0.69	0.97
18:4	g						
20:4	g	0.04			0.03	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	103			88	256	361
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.293			0.249	0.726	1.023
Threonine	g	1.143			0.971	2.833	3.991
Isoleucine	g	1.176			1.000	2.916	4.108
Leucine	g	2.068			1.758	5.126	7.221
Lysine	g	2.177			1.850	5.396	7.601
Methionine	g	0.670			0.569	1.660	2.339
Cystine	g	0.293			0.249	0.726	1.023
Phenylalanine	g	1.021			0.868	2.532	3.567
Tyrosine	g	0.879			0.747	2.179	3.070
Valine	g	1.273			1.082	3.155	4.444
Arginine	g	1.654			1.405	4.099	5.774
Histidine	g	0.896			0.761	2.221	3.128
Alanine	g	1.578			1.341	3.912	5.511
Aspartic acid	g	2.390			2.032	5.926	8.347
Glutamic acid	g	3.931			3.341	9.744	13.726
Glycine	g	1.427			1.213	3.539	4.985
Proline	g	1.155			0.982	2.864	4.035
Serine	g	1.000			0.850	2.480	3.494

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 238 g[1]	Refuse: Bone 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.92			39.88	111.57	161.72
Food energy	kcal	348			296	828	1,200
	kJ	1,457			1,239	3,466	5,024
Protein (N x 6.25)	g	26.98			22.93	64.16	93.00
Total lipid (fat)	g	25.83			21.95	61.41	89.02
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.88			0.75	2.10	3.04
Minerals:							
Calcium	mg	13			11	31	46
Iron	mg	3.16			2.68	7.50	10.88
Magnesium	mg	20			17	47	68
Phosphorus	mg	203			173	483	700
Potassium	mg	234			199	557	807
Sodium	mg	65			55	155	224
Zinc	mg	8.50			7.22	20.20	29.29
Copper	mg	0.127			0.108	0.303	0.439
Manganese	mg	0.016			0.013	0.038	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.17	0.25
Riboflavin	mg	0.25			0.21	0.58	0.85
Niacin	mg	2.44			2.08	5.81	8.42
Pantothenic acid	mg	0.31			0.27	0.74	1.08
Vitamin B-6	mg	0.26			0.22	0.62	0.90
Folate	mcg	5			5	13	19
Vitamin B-12	mcg	2.30			1.95	5.47	7.93
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.26			8.72	24.40	35.37
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.15	0.21
12:0	g	0.06			0.05	0.14	0.20
14:0	g	0.82			0.69	1.94	2.82
16:0	g	6.22			5.29	14.79	21.44
18:0	g	3.11			2.64	7.38	10.70
Monounsaturated, total	g	11.16			9.49	26.54	38.47
16:1	g	1.04			0.88	2.46	3.57
18:1	g	10.08			8.57	23.97	34.75
20:1	g	0.04			0.04	0.10	0.14
22:1	g						
Polyunsaturated, total	g	0.92			0.78	2.18	3.16
18:2	g	0.64			0.54	1.52	2.21
18:3	g	0.24			0.20	0.57	0.82
18:4	g						
20:4	g	0.04			0.03	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	104			88	247	358
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.302			0.257	0.719	1.042
Threonine	g	1.178			1.002	2.802	4.062
Isoleucine	g	1.213			1.031	2.886	4.181
Leucine	g	2.132			1.813	5.071	7.351
Lysine	g	2.245			1.908	5.338	7.738
Methionine	g	0.691			0.587	1.642	2.381
Cystine	g	0.302			0.257	0.719	1.042
Phenylalanine	g	1.053			0.895	2.505	3.631
Tyrosine	g	0.907			0.771	2.156	3.125
Valine	g	1.312			1.115	3.121	4.524
Arginine	g	1.705			1.449	4.055	5.878
Histidine	g	0.924			0.785	2.197	3.184
Alanine	g	1.627			1.383	3.870	5.610
Aspartic acid	g	2.465			2.095	5.862	8.496
Glutamic acid	g	4.053			3.445	9.639	13.972
Glycine	g	1.472			1.251	3.500	5.074
Proline	g	1.191			1.013	2.833	4.107
Serine	g	1.032			0.877	2.453	3.556

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.35			282.82	17.68	229.07
Food energy	kcal	235			1,068	67	865
	kJ	985			4,470	279	3,621
Protein (N x 6.25)	g	17.26			78.31	4.89	63.42
Total lipid (fat)	g	17.93			81.31	5.08	65.86
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.83			3.76	0.24	3.05
Minerals:							
Calcium	mg	10			45	3	37
Iron	mg	2.05			9.32	0.58	7.55
Magnesium	mg	17			77	5	62
Phosphorus	mg	163			740	46	599
Potassium	mg	273			1,240	78	1,005
Sodium	mg	68			310	19	251
Zinc	mg	5.03			22.80	1.42	18.47
Copper	mg	0.073			0.332	0.021	0.269
Manganese	mg	0.013			0.057	0.004	0.046
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.44	0.03	0.35
Riboflavin	mg	0.17			0.76	0.05	0.62
Niacin	mg	2.19			9.93	0.62	8.04
Pantothenic acid	mg	0.29			1.31	0.08	1.06
Vitamin B-6	mg	0.36			1.63	0.10	1.32
Folate	mcg	5			25	2	20
Vitamin B-12	mcg	3.42			15.51	0.97	12.56
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.24			32.85	2.05	26.61
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.25	0.02	0.20
12:0	g	0.04			0.20	0.01	0.16
14:0	g	0.57			2.60	0.16	2.10
16:0	g	4.34			19.71	1.23	15.96
18:0	g	2.23			10.09	0.63	8.18
Monounsaturated, total	g	7.86			35.67	2.23	28.89
16:1	g	0.89			4.02	0.25	3.26
18:1	g	6.95			31.53	1.97	25.54
20:1	g	0.03			0.12	0.01	0.09
22:1	g						
Polyunsaturated, total	g	0.65			2.97	0.19	2.41
18:2	g	0.43			1.94	0.12	1.57
18:3	g	0.20			0.93	0.06	0.75
18:4	g						
20:4	g	0.02			0.10	0.01	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			323	20	261
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.193			0.877	0.055	0.710
Threonine	g	0.754			3.420	0.214	2.770
Isoleucine	g	0.776			3.521	0.220	2.852
Leucine	g	1.364			6.189	0.387	5.013
Lysine	g	1.436			6.515	0.407	5.277
Methionine	g	0.442			2.005	0.125	1.624
Cystine	g	0.193			0.877	0.055	0.710
Phenylalanine	g	0.674			3.057	0.191	2.476
Tyrosine	g	0.580			2.631	0.164	2.131
Valine	g	0.840			3.809	0.238	3.085
Arginine	g	1.091			4.949	0.309	4.008
Histidine	g	0.591			2.681	0.168	2.172
Alanine	g	1.041			4.723	0.295	3.826
Aspartic acid	g	1.577			7.154	0.447	5.795
Glutamic acid	g	2.594			11.765	0.735	9.529
Glycine	g	0.942			4.272	0.267	3.460
Proline	g	0.762			3.458	0.216	2.801
Serine	g	0.660			2.994	0.187	2.425

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 248 g[1]	Refuse: Bone 23%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.76			41.44	120.87	169.28
Food energy	kcal	326			277	808	1,131
	kJ	1,364			1,159	3,381	4,735
Protein (N x 6.25)	g	26.98			22.93	66.88	93.67
Total lipid (fat)	g	23.35			19.84	57.87	81.06
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.88			0.75	2.19	3.06
Minerals:							
Calcium	mg	13			11	33	46
Iron	mg	3.16			2.68	7.82	10.96
Magnesium	mg	20			17	49	68
Phosphorus	mg	203			173	504	706
Potassium	mg	234			199	581	813
Sodium	mg	65			55	161	226
Zinc	mg	8.50			7.22	21.06	29.50
Copper	mg	0.127			0.108	0.316	0.442
Manganese	mg	0.016			0.013	0.039	0.055
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.25
Riboflavin	mg	0.25			0.21	0.61	0.85
Niacin	mg	2.44			2.08	6.06	8.48
Pantothenic acid	mg	0.31			0.27	0.77	1.08
Vitamin B-6	mg	0.26			0.22	0.64	0.90
Folate	mcg	5			5	13	19
Vitamin B-12	mcg	2.30			1.95	5.70	7.99
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.30			7.90	23.05	32.29
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.15	0.21
12:0	g	0.06			0.05	0.14	0.19
14:0	g	0.74			0.63	1.84	2.58
16:0	g	5.66			4.81	14.02	19.64
18:0	g	2.78			2.36	6.90	9.66
Monounsaturated, total	g	10.09			8.58	25.01	35.03
16:1	g	0.95			0.81	2.36	3.30
18:1	g	9.10			7.73	22.56	31.60
20:1	g	0.04			0.03	0.10	0.14
22:1	g						
Polyunsaturated, total	g	0.84			0.71	2.07	2.90
18:2	g	0.57			0.49	1.42	1.99
18:3	g	0.23			0.20	0.58	0.81
18:4	g						
20:4	g	0.03			0.03	0.08	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	104			88	257	360
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.302			0.257	0.749	1.049
Threonine	g	1.178			1.002	2.921	4.092
Isoleucine	g	1.213			1.031	3.007	4.212
Leucine	g	2.132			1.813	5.286	7.404
Lysine	g	2.245			1.908	5.565	7.794
Methionine	g	0.691			0.587	1.712	2.398
Cystine	g	0.302			0.257	0.749	1.049
Phenylalanine	g	1.053			0.895	2.611	3.657
Tyrosine	g	0.907			0.771	2.247	3.147
Valine	g	1.312			1.115	3.253	4.556
Arginine	g	1.705			1.449	4.227	5.920
Histidine	g	0.924			0.785	2.290	3.207
Alanine	g	1.627			1.383	4.034	5.650
Aspartic acid	g	2.465			2.095	6.110	8.558
Glutamic acid	g	4.053			3.445	10.049	14.074
Glycine	g	1.472			1.251	3.649	5.111
Proline	g	1.191			1.013	2.954	4.137
Serine	g	1.032			0.877	2.558	3.582

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 235g[1]	Refuse: Bone 23% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	49.39			41.98	116.07	134.44
Food energy	*kcal*	313			266	736	853
	kJ	1,311			1,115	3,082	3,569
Protein (N x 6.25)	*g*	27.59			23.45	64.84	75.11
Total lipid (fat)	*g*	21.67			18.42	50.92	58.98
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.90			0.76	2.11	2.44
Minerals:							
Calcium	*mg*	13			11	31	36
Iron	*mg*	3.23			2.75	7.60	8.80
Magnesium	*mg*	20			17	47	55
Phosphorus	*mg*	208			177	489	566
Potassium	*mg*	239			203	561	649
Sodium	*mg*	66			56	155	179
Zinc	*mg*	8.76			7.45	20.59	23.85
Copper	*mg*	0.130			0.111	0.307	0.355
Manganese	*mg*	0.016			0.014	0.038	0.044
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.18	0.20
Riboflavin	*mg*	0.25			0.21	0.59	0.68
Niacin	*mg*	2.48			2.11	5.82	6.74
Pantothenic acid	*mg*	0.32			0.27	0.75	0.87
Vitamin B-6	*mg*	0.26			0.22	0.62	0.72
Folate	*mcg*	5			5	13	15
Vitamin B-12	*mcg*	2.33			1.98	5.46	6.33
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	*g*	8.61			7.32	20.24	23.44
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.05			0.04	0.12	0.14
12:0	*g*	0.05			0.04	0.11	0.13
14:0	*g*	0.69			0.58	1.61	1.87
16:0	*g*	5.22			4.44	12.27	14.21
18:0	*g*	2.60			2.21	6.12	7.08
Monounsaturated, total	*g*	9.36			7.96	22.00	25.48
16:1	*g*	0.87			0.74	2.05	2.37
18:1	*g*	8.46			7.19	19.87	23.02
20:1	*g*	0.04			0.03	0.08	0.10
22:1	*g*						
Polyunsaturated, total	*g*	0.77			0.65	1.81	2.10
18:2	*g*	0.54			0.46	1.26	1.46
18:3	*g*	0.20			0.17	0.48	0.55
18:4	*g*						
20:4	*g*	0.03			0.03	0.07	0.09
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	104			89	245	283
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.309			0.263	0.726	0.841
Threonine	*g*	1.205			1.024	2.832	3.281
Isoleucine	*g*	1.241			1.054	2.915	3.377
Leucine	*g*	2.181			1.854	5.125	5.936
Lysine	*g*	2.296			1.951	5.395	6.249
Methionine	*g*	0.706			0.600	1.660	1.923
Cystine	*g*	0.309			0.263	0.726	0.841
Phenylalanine	*g*	1.077			0.916	2.531	2.932
Tyrosine	*g*	0.927			0.788	2.179	2.524
Valine	*g*	1.342			1.141	3.154	3.653
Arginine	*g*	1.744			1.482	4.098	4.747
Histidine	*g*	0.945			0.803	2.220	2.572
Alanine	*g*	1.664			1.415	3.911	4.530
Aspartic acid	*g*	2.521			2.143	5.924	6.862
Glutamic acid	*g*	4.145			3.524	9.742	11.284
Glycine	*g*	1.505			1.280	3.538	4.098
Proline	*g*	1.218			1.036	2.863	3.317
Serine	*g*	1.055			0.897	2.480	2.872

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 193 g[1]	Refuse: Bone 23% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.40			47.09	107.03	150.80
Food energy	kcal	251			213	485	683
	kJ	1,050			892	2,028	2,856
Protein (N x 6.25)	g	31.06	0.773	11	26.40	60.01	84.55
Total lipid (fat)	g	13.10			11.13	25.31	35.66
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99	0.031	11	0.84	1.91	2.69
Minerals:							
Calcium	mg	13	1.258	11	11	25	35
Iron	mg	3.68	0.200	10	3.13	7.11	10.02
Magnesium	mg	23	0.834	11	20	44	63
Phosphorus	mg	235			200	454	640
Potassium	mg	263	8.290	11	224	508	716
Sodium	mg	71	6.704	11	60	137	193
Zinc	mg	10.27	0.753	7	8.73	19.84	27.95
Copper	mg	0.148	0.011	8	0.126	0.286	0.403
Manganese	mg	0.018			0.015	0.035	0.049
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08	0.007	11	0.07	0.16	0.23
Riboflavin	mg	0.28	0.020	9	0.24	0.55	0.77
Niacin	mg	2.67	0.359	11	2.27	5.15	7.26
Pantothenic acid	mg	0.35			0.30	0.68	0.96
Vitamin B-6	mg	0.29			0.25	0.56	0.79
Folate	mcg	6	1.142	11	5	12	16
Vitamin B-12	mcg	2.47	0.321	11	2.10	4.77	6.72
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.08			4.32	9.81	13.83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		8	0.01	0.02	0.02
12:0	g	0.01		8	0.01	0.02	0.02
14:0	g	0.39		8	0.33	0.75	1.05
16:0	g	2.97		8	2.52	5.74	8.06
18:0	g	1.71		8	1.45	3.30	4.65
Monounsaturated, total	g	5.65			4.80	10.91	15.37
16:1	g	0.45		8	0.39	0.88	1.24
18:1	g	5.18		8	4.41	10.01	14.11
20:1	g	0.01		8	0.01	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.43			0.36	0.83	1.17
18:2	g	0.35		8	0.30	0.68	0.96
18:3	g	0.03		8	0.03	0.07	0.09
18:4	g						
20:4	g	0.04		8	0.04	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	106	1.958	8	90	205	289
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.348			0.296	0.672	0.947
Threonine	g	1.357			1.153	2.621	3.693
Isoleucine	g	1.397			1.187	2.698	3.801
Leucine	g	2.455			2.087	4.743	6.683
Lysine	g	2.584			2.197	4.993	7.035
Methionine	g	0.795			0.676	1.536	2.165
Cystine	g	0.348			0.296	0.672	0.947
Phenylalanine	g	1.213			1.031	2.343	3.301
Tyrosine	g	1.044			0.887	2.016	2.841
Valine	g	1.511			1.284	2.919	4.113
Arginine	g	1.963			1.669	3.793	5.344
Histidine	g	1.064			0.904	2.055	2.895
Alanine	g	1.874			1.593	3.620	5.100
Aspartic acid	g	2.838			2.412	5.483	7.725
Glutamic acid	g	4.667			3.967	9.016	12.703
Glycine	g	1.695			1.441	3.274	4.613
Proline	g	1.372			1.166	2.650	3.734
Serine	g	1.188			1.010	2.295	3.233

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 191 g[1]	Refuse: Bone 25% Separable fat 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.80			46.58	104.67	151.58
Food energy	kcal	253			215	482	699
	kJ	1,057			899	2,020	2,925
Protein (N x 6.25)	g	31.06	0.774	11	26.40	59.33	85.92
Total lipid (fat)	g	13.30			11.30	25.40	36.79
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99	0.031	11	0.84	1.89	2.74
Minerals:							
Calcium	mg	13	1.258	11	11	25	36
Iron	mg	3.68	0.200	10	3.13	7.03	10.18
Magnesium	mg	23	0.834	11	20	44	64
Phosphorus	mg	235			200	449	650
Potassium	mg	263	8.280	11	224	502	727
Sodium	mg	71	6.704	11	60	136	196
Zinc	mg	10.27	0.753	7	8.73	19.62	28.41
Copper	mg	0.148	0.011	8	0.126	0.283	0.409
Manganese	mg	0.018			0.015	0.034	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08	0.007	11	0.07	0.16	0.23
Riboflavin	mg	0.28	0.020	9	0.24	0.54	0.79
Niacin	mg	2.67	0.359	11	2.27	5.09	7.37
Pantothenic acid	mg	0.35			0.30	0.67	0.97
Vitamin B-6	mg	0.29			0.25	0.55	0.80
Folate	mcg	6	1.142	11	5	11	17
Vitamin B-12	mcg	2.47	0.321	11	2.10	4.72	6.83
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.16			4.38	9.85	14.27
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		8	0.01	0.02	0.02
12:0	g	0.01		8	0.01	0.02	0.02
14:0	g	0.39		8	0.33	0.75	1.08
16:0	g	3.01		8	2.56	5.76	8.34
18:0	g	1.73		8	1.47	3.31	4.80
Monounsaturated, total	g	5.73			4.87	10.95	15.86
16:1	g	0.46		8	0.39	0.88	1.28
18:1	g	5.26		8	4.47	10.05	14.56
20:1	g	0.01		8	0.01	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.44			0.37	0.83	1.20
18:2	g	0.36		8	0.30	0.68	0.99
18:3	g	0.03		8	0.03	0.07	0.10
18:4	g						
20:4	g	0.04		8	0.04	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	106	1.958	8	90	202	293
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.348			0.296	0.664	0.962
Threonine	g	1.357			1.153	2.592	3.753
Isoleucine	g	1.397			1.187	2.667	3.863
Leucine	g	2.455			2.087	4.689	6.791
Lysine	g	2.584			2.197	4.936	7.148
Methionine	g	0.795			0.676	1.519	2.200
Cystine	g	0.348			0.296	0.664	0.962
Phenylalanine	g	1.213			1.031	2.316	3.354
Tyrosine	g	1.044			0.887	1.993	2.887
Valine	g	1.511			1.284	2.886	4.179
Arginine	g	1.963			1.669	3.750	5.430
Histidine	g	1.064			0.904	2.031	2.942
Alanine	g	1.874			1.593	3.579	5.183
Aspartic acid	g	2.838			2.412	5.420	7.850
Glutamic acid	g	4.667			3.967	8.914	12.908
Glycine	g	1.695			1.441	3.237	4.688
Proline	g	1.372			1.166	2.620	3.794
Serine	g	1.188			1.010	2.269	3.286

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, braised

Nutrients and units		**Amount in 100 grams, edible portion**			**Amount in edible portion of common measures of food**		**Amount in edible portion of 1 pound of food as purchased**
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 3 oz = 85 g	1 lb raw yields 187 g[1]	**Refuse:** Bone 23% Separable fat 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	54.60			46.41	102.10	143.65
Food energy	*kcal*	263			223	491	691
	kJ	1,099			934	2,055	2,891
Protein (N x 6.25)	*g*	31.06			26.40	58.09	81.73
Total lipid (fat)	*g*	14.40			12.24	26.93	37.89
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.99			0.84	1.85	2.60
Minerals:							
Calcium	*mg*	13			11	24	34
Iron	*mg*	3.68			3.13	6.88	9.68
Magnesium	*mg*	23			20	43	61
Phosphorus	*mg*	235			200	439	618
Potassium	*mg*	263			224	492	692
Sodium	*mg*	71			60	133	187
Zinc	*mg*	10.27			8.73	19.20	27.02
Copper	*mg*	0.148			0.126	0.277	0.389
Manganese	*mg*	0.018			0.015	0.034	0.047
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.16	0.22
Riboflavin	*mg*	0.28			0.24	0.53	0.75
Niacin	*mg*	2.67			2.27	4.99	7.01
Pantothenic acid	*mg*	0.35			0.30	0.66	0.93
Vitamin B-6	*mg*	0.29			0.25	0.54	0.76
Folate	*mcg*	6			5	11	16
Vitamin B-12	*mcg*	2.47			2.10	4.62	6.50
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	5.58			4.75	10.44	14.69
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.02	0.02
12:0	*g*	0.01			0.01	0.02	0.02
14:0	*g*	0.42			0.36	0.79	1.12
16:0	*g*	3.26			2.77	6.10	8.59
18:0	*g*	1.88			1.60	3.51	4.94
Monounsaturated, total	*g*	6.21			5.28	11.61	16.33
16:1	*g*	0.50			0.42	0.93	1.32
18:1	*g*	5.70			4.84	10.65	14.99
20:1	*g*	0.01			0.01	0.02	0.02
22:1	*g*						
Polyunsaturated, total	*g*	0.47			0.40	0.88	1.24
18:2	*g*	0.39			0.33	0.72	1.02
18:3	*g*	0.04			0.03	0.07	0.10
18:4	*g*						
20:4	*g*	0.05			0.04	0.09	0.12
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	106			90	198	279
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.348			0.296	0.651	0.915
Threonine	*g*	1.357			1.153	2.537	3.570
Isoleucine	*g*	1.397			1.187	2.612	3.674
Leucine	*g*	2.455			2.087	4.591	6.460
Lysine	*g*	2.584			2.197	4.833	6.800
Methionine	*g*	0.795			0.676	1.487	2.092
Cystine	*g*	0.348			0.296	0.651	0.915
Phenylalanine	*g*	1.213			1.031	2.268	3.191
Tyrosine	*g*	1.044			0.887	1.952	2.746
Valine	*g*	1.511			1.284	2.825	3.975
Arginine	*g*	1.963			1.669	3.671	5.165
Histidine	*g*	1.064			0.904	1.989	2.798
Alanine	*g*	1.874			1.593	3.504	4.930
Aspartic acid	*g*	2.838			2.412	5.307	7.466
Glutamic acid	*g*	4.667			3.967	8.727	12.278
Glycine	*g*	1.695			1.441	3.169	4.459
Proline	*g*	1.372			1.166	2.565	3.609
Serine	*g*	1.188			1.010	2.221	3.125

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 191 g[1]	Refuse: Bone 24% Separable fat 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.00			45.90	103.14	149.42
Food energy	kcal	265			225	507	734
	kJ	1,110			944	2,121	3,072
Protein (N x 6.25)	g	31.06			26.40	59.33	85.95
Total lipid (fat)	g	14.70			12.49	28.08	40.67
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99			0.84	1.89	2.74
Minerals:							
Calcium	mg	13			11	25	36
Iron	mg	3.68			3.13	7.03	10.18
Magnesium	mg	23			20	44	64
Phosphorus	mg	235			200	449	650
Potassium	mg	263			224	502	728
Sodium	mg	71			60	136	196
Zinc	mg	10.27			8.73	19.62	28.42
Copper	mg	0.148			0.126	0.283	0.410
Manganese	mg	0.018			0.015	0.034	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.16	0.23
Riboflavin	mg	0.28			0.24	0.54	0.79
Niacin	mg	2.67			2.27	5.09	7.38
Pantothenic acid	mg	0.35			0.30	0.67	0.97
Vitamin B-6	mg	0.29			0.25	0.55	0.80
Folate	mcg	6			5	11	17
Vitamin B-12	mcg	2.47			2.10	4.72	6.83
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.70			4.85	10.89	15.77
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.43			0.37	0.83	1.20
16:0	g	3.33			2.83	6.36	9.22
18:0	g	1.92			1.63	3.66	5.30
Monounsaturated, total	g	6.34			5.39	12.10	17.53
16:1	g	0.51			0.43	0.97	1.41
18:1	g	5.82			4.94	11.11	16.09
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.48			0.41	0.92	1.33
18:2	g	0.39			0.34	0.75	1.09
18:3	g	0.04			0.03	0.07	0.11
18:4	g						
20:4	g	0.05			0.04	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	106			90	202	293
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.348			0.296	0.664	0.963
Threonine	g	1.357			1.153	2.592	3.754
Isoleucine	g	1.397			1.187	2.667	3.864
Leucine	g	2.455			2.087	4.689	6.793
Lysine	g	2.584			2.197	4.936	7.151
Methionine	g	0.795			0.676	1.519	2.200
Cystine	g	0.348			0.296	0.664	0.963
Phenylalanine	g	1.213			1.031	2.316	3.355
Tyrosine	g	1.044			0.887	1.993	2.888
Valine	g	1.511			1.284	2.886	4.181
Arginine	g	1.963			1.669	3.750	5.432
Histidine	g	1.064			0.904	2.031	2.943
Alanine	g	1.874			1.593	3.579	5.184
Aspartic acid	g	2.838			2.412	5.420	7.852
Glutamic acid	g	4.667			3.967	8.914	12.913
Glycine	g	1.695			1.441	3.237	4.689
Proline	g	1.372			1.166	2.620	3.796
Serine	g	1.188			1.010	2.269	3.287

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 200 g[1]	Refuse: Bone 23% Separable fat 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.30			47.85	112.60	158.32
Food energy	kcal	237			202	475	667
	kJ	993			844	1,986	2,793
Protein (N x 6.25)	g	31.06			26.40	62.12	87.35
Total lipid (fat)	g	11.60			9.86	23.20	32.62
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99			0.84	1.98	2.78
Minerals:							
Calcium	mg	13			11	26	37
Iron	mg	3.68			3.13	7.36	10.35
Magnesium	mg	23			20	46	65
Phosphorus	mg	235			200	470	661
Potassium	mg	263			224	526	740
Sodium	mg	71			60	142	200
Zinc	mg	10.27			8.73	20.54	28.89
Copper	mg	0.146			0.126	0.296	0.416
Manganese	mg	0.018			0.015	0.036	0.051
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.17	0.23
Riboflavin	mg	0.28			0.24	0.57	0.80
Niacin	mg	2.67			2.27	5.33	7.50
Pantothenic acid	mg	0.35			0.30	0.70	0.99
Vitamin B-6	mg	0.29			0.25	0.58	0.82
Folate	mcg	6			5	12	17
Vitamin B-12	mcg	2.47			2.10	4.94	6.95
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.50			3.82	9.00	12.65
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.02
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.34			0.29	0.68	0.96
16:0	g	2.63			2.23	5.26	7.39
18:0	g	1.51			1.29	3.02	4.25
Monounsaturated, total	g	5.00			4.25	10.00	14.06
16:1	g	0.40			0.34	0.81	1.13
18:1	g	4.59			3.90	9.18	12.91
20:1	g	0.01			0.01	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.38			0.32	0.76	1.07
18:2	g	0.31			0.26	0.62	0.88
18:3	g	0.03			0.03	0.06	0.09
18:4	g						
20:4	g	0.04			0.03	0.08	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	106			90	212	298
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.348			0.296	0.696	0.978
Threonine	g	1.357			1.153	2.714	3.815
Isoleucine	g	1.397			1.187	2.793	3.927
Leucine	g	2.455			2.087	4.910	6.904
Lysine	g	2.584			2.197	5.169	7.267
Methionine	g	0.795			0.676	1.590	2.236
Cystine	g	0.348			0.296	0.696	0.978
Phenylalanine	g	1.213			1.031	2.425	3.410
Tyrosine	g	1.044			0.887	2.087	2.935
Valine	g	1.511			1.284	3.022	4.249
Arginine	g	1.963			1.669	3.926	5.520
Histidine	g	1.064			0.904	2.127	2.991
Alanine	g	1.874			1.593	3.747	5.269
Aspartic acid	g	2.838			2.412	5.676	7.980
Glutamic acid	g	4.667			3.967	9.334	13.123
Glycine	g	1.695			1.441	3.390	4.766
Proline	g	1.372			1.166	2.743	3.857
Serine	g	1.188			1.010	2.376	3.340

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, CHUCK, BLADE ROAST, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 194 g[1]	Refuse: Bone 25% Separable fat 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.70			47.34	108.11	156.63
Food energy	kcal	238			202	462	670
	kJ	997			847	1,935	2,804
Protein (N x 6.25)	g	31.06			26.40	60.29	87.35
Total lipid (fat)	g	11.70			9.94	22.71	32.90
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99			0.84	1.92	2.78
Minerals:							
Calcium	mg	13			11	25	37
Iron	mg	3.68			3.13	7.14	10.35
Magnesium	mg	23			20	45	65
Phosphorus	mg	235			200	456	661
Potassium	mg	263			224	510	740
Sodium	mg	71			60	138	200
Zinc	mg	10.27			8.73	19.93	28.88
Copper	mg	0.148			0.126	0.287	0.416
Manganese	mg	0.018			0.015	0.035	0.051
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.16	0.23
Riboflavin	mg	0.28			0.24	0.55	0.80
Niacin	mg	2.67			2.27	5.17	7.50
Pantothenic acid	mg	0.35			0.30	0.68	0.99
Vitamin B-6	mg	0.29			0.25	0.56	0.82
Folate	mcg	6			5	12	17
Vitamin B-12	mcg	2.47			2.10	4.79	6.95
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.54			3.86	8.81	12.76
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.02
12:0	g	0.01			0.01	0.01	0.02
14:0	g	0.34			0.29	0.67	0.97
16:0	g	2.65			2.25	5.15	7.46
18:0	g	1.53			1.30	2.96	4.29
Monounsaturated, total	g	5.04			4.29	9.79	14.18
16:1	g	0.41			0.35	0.79	1.14
18:1	g	4.63			3.93	8.99	13.02
20:1	g	0.01			0.01	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.38			0.33	0.74	1.08
18:2	g	0.31			0.27	0.61	0.88
18:3	g	0.03			0.03	0.06	0.09
18:4	g						
20:4	g	0.04			0.03	0.07	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	106			90	206	298
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.348			0.296	0.675	0.978
Threonine	g	1.357			1.153	2.634	3.815
Isoleucine	g	1.397			1.187	2.711	3.927
Leucine	g	2.455			2.087	4.765	6.904
Lysine	g	2.584			2.197	5.016	7.267
Methionine	g	0.795			0.676	1.543	2.236
Cystine	g	0.348			0.296	0.675	0.978
Phenylalanine	g	1.213			1.031	2.354	3.410
Tyrosine	g	1.044			0.887	2.026	2.935
Valine	g	1.511			1.284	2.933	4.249
Arginine	g	1.963			1.669	3.810	5.520
Histidine	g	1.064			0.904	2.064	2.991
Alanine	g	1.874			1.593	3.637	5.269
Aspartic acid	g	2.838			2.412	5.508	7.980
Glutamic acid	g	4.667			3.967	9.058	13.123
Glycine	g	1.695			1.441	3.290	4.766
Proline	g	1.372			1.166	2.663	3.857
Serine	g	1.188			1.010	2.306	3.340

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, FLANK, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.61			77.53	19.45	304.96
Food energy	kcal	180			203	51	800
	kJ	753			851	213	3,347
Protein (N x 6.25)	g	19.70			22.26	5.59	87.57
Total lipid (fat)	g	10.62			12.00	3.01	47.19
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.47			1.66	0.42	6.52
Minerals:							
Calcium	mg	5			6	1	23
Iron	mg	1.97			2.22	0.56	8.74
Magnesium	mg	20			23	6	89
Phosphorus	mg	191			215	54	847
Potassium	mg	350			396	99	1,556
Sodium	mg	71			80	20	315
Zinc	mg	3.47			3.92	0.98	15.42
Copper	mg	0.072			0.081	0.020	0.320
Manganese	mg	0.014			0.015	0.004	0.060
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.12	0.03	0.49
Riboflavin	mg	0.15			0.17	0.04	0.67
Niacin	mg	4.55			5.15	1.29	20.25
Pantothenic acid	mg	0.32			0.37	0.09	1.44
Vitamin B-6	mg	0.42			0.47	0.12	1.85
Folate	mcg	7			8	2	30
Vitamin B-12	mcg	2.97			3.36	0.84	13.20
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.52			5.10	1.28	20.08
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.03	0.01	0.10
12:0	g	0.02			0.02	0.01	0.08
14:0	g	0.32			0.36	0.09	1.44
16:0	g	2.78			3.14	0.79	12.35
18:0	g	1.27			1.43	0.36	5.64
Monounsaturated, total	g	4.39			4.96	1.24	19.51
16:1	g	0.44			0.49	0.12	1.93
18:1	g	3.88			4.38	1.10	17.25
20:1	g	0.01			0.01	0.00	0.06
22:1	g						
Polyunsaturated, total	g	0.41			0.46	0.12	1.81
18:2	g	0.25			0.28	0.07	1.10
18:3	g	0.12			0.14	0.03	0.54
18:4	g						
20:4	g	0.04			0.04	0.01	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	52			59	15	233
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.221			0.249	0.063	0.981
Threonine	g	0.861			0.972	0.244	3.825
Isoleucine	g	0.886			1.001	0.251	3.937
Leucine	g	1.557			1.760	0.441	6.922
Lysine	g	1.639			1.852	0.465	7.286
Methionine	g	0.504			0.570	0.143	2.242
Cystine	g	0.221			0.249	0.063	0.981
Phenylalanine	g	0.769			0.869	0.218	3.419
Tyrosine	g	0.662			0.748	0.188	2.942
Valine	g	0.958			1.083	0.272	4.259
Arginine	g	1.245			1.407	0.353	5.535
Histidine	g	0.675			0.762	0.191	2.998
Alanine	g	1.188			1.343	0.337	5.282
Aspartic acid	g	1.800			2.034	0.510	8.001
Glutamic acid	g	2.960			3.345	0.839	13.157
Glycine	g	1.075			1.215	0.305	4.778
Proline	g	0.870			0.983	0.247	3.867
Serine	g	0.753			0.851	0.214	3.349

BEEF, FLANK, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 262 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.95			46.71	144.13	244.25
Food energy	kcal	263			224	691	1,171
	kJ	1,103			937	2,893	4,902
Protein (N x 6.25)	g	26.98			22.93	70.76	119.91
Total lipid (fat)	g	16.44			13.97	43.12	73.07
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.04			1.73	5.35	9.06
Minerals:							
Calcium	mg	6			6	17	29
Iron	mg	3.33			2.83	8.72	14.78
Magnesium	mg	23			19	60	102
Phosphorus	mg	256			217	670	1,136
Potassium	mg	337			287	884	1,498
Sodium	mg	70			60	184	312
Zinc	mg	5.77			4.91	15.14	25.65
Copper	mg	0.119			0.101	0.313	0.530
Manganese	mg	0.018			0.016	0.048	0.081
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.14			0.12	0.36	0.61
Riboflavin	mg	0.18			0.15	0.47	0.80
Niacin	mg	4.42			3.75	11.59	19.63
Pantothenic acid	mg	0.37			0.31	0.97	1.65
Vitamin B-6	mg	0.35			0.29	0.91	1.54
Folate	mcg	9			7	23	38
Vitamin B-12	mcg	3.30			2.81	8.66	14.68
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.92			5.88	18.14	30.74
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.07	0.11
12:0	g	0.02			0.02	0.06	0.11
14:0	g	0.54			0.46	1.41	2.38
16:0	g	4.08			3.47	10.69	18.12
18:0	g	2.08			1.77	5.45	9.24
Monounsaturated, total	g	6.94			5.90	18.21	30.87
16:1	g	0.64			0.54	1.67	2.83
18:1	g	6.18			5.26	16.22	27.49
20:1	g	0.02			0.02	0.05	0.08
22:1	g						
Polyunsaturated, total	g	0.53			0.45	1.39	2.35
18:2	g	0.36			0.31	0.95	1.60
18:3	g	0.15			0.13	0.39	0.67
18:4	g						
20:4	g	0.02			0.01	0.05	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			62	190	322
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.302			0.257	0.793	1.343
Threonine	g	1.178			1.002	3.091	5.238
Isoleucine	g	1.213			1.031	3.181	5.391
Leucine	g	2.132			1.812	5.593	9.478
Lysine	g	2.244			1.908	5.887	9.977
Methionine	g	0.691			0.587	1.811	3.070
Cystine	g	0.302			0.257	0.793	1.343
Phenylalanine	g	1.053			0.895	2.762	4.681
Tyrosine	g	0.906			0.770	2.378	4.029
Valine	g	1.312			1.115	3.442	5.832
Arginine	g	1.705			1.449	4.472	7.578
Histidine	g	0.924			0.785	2.423	4.106
Alanine	g	1.627			1.383	4.268	7.233
Aspartic acid	g	2.465			2.095	6.465	10.955
Glutamic acid	g	4.053			3.445	10.631	18.015
Glycine	g	1.472			1.251	3.861	6.542
Proline	g	1.191			1.013	3.125	5.295
Serine	g	1.032			0.877	2.706	4.585

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, FLANK, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.63			50.69	198.76	265.07
Food energy	kcal	226			192	753	1,004
	kJ	945			803	3,151	4,202
Protein (N x 6.25)	g	26.42			22.45	88.05	117.43
Total lipid (fat)	g	12.53			10.65	41.76	55.69
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.98			1.68	6.59	8.79
Minerals:							
Calcium	mg	7			6	23	31
Iron	mg	2.51			2.13	8.37	11.16
Magnesium	mg	23			20	77	103
Phosphorus	mg	230			195	767	1,022
Potassium	mg	402			342	1,339	1,786
Sodium	mg	81			69	270	360
Zinc	mg	4.66			3.96	15.55	20.73
Copper	mg	0.097			0.082	0.322	0.429
Manganese	mg	0.016			0.013	0.052	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.09	0.34	0.46
Riboflavin	mg	0.18			0.15	0.61	0.81
Niacin	mg	4.90			4.16	16.32	21.76
Pantothenic acid	mg	0.35			0.30	1.16	1.54
Vitamin B-6	mg	0.34			0.29	1.12	1.49
Folate	mcg	8			7	26	34
Vitamin B-12	mcg	3.19			2.71	10.63	14.17
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.32			4.52	17.73	23.65
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.07	0.10
12:0	g	0.02			0.02	0.07	0.09
14:0	g	0.37			0.32	1.25	1.66
16:0	g	3.31			2.81	11.02	14.70
18:0	g	1.45			1.24	4.85	6.47
Monounsaturated, total	g	5.13			4.36	17.09	22.80
16:1	g	0.46			0.39	1.54	2.05
18:1	g	4.57			3.88	15.23	20.31
20:1	g	0.02			0.01	0.06	0.08
22:1	g						
Polyunsaturated, total	g	0.49			0.42	1.63	2.17
18:2	g	0.30			0.26	1.01	1.34
18:3	g	0.14			0.12	0.45	0.60
18:4	g						
20:4	g	0.05			0.04	0.17	0.23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68			58	226	301
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.296			0.251	0.986	1.315
Threonine	g	1.154			0.981	3.846	5.129
Isoleucine	g	1.188			1.010	3.959	5.279
Leucine	g	2.088			1.775	6.959	9.281
Lysine	g	2.198			1.868	7.326	9.770
Methionine	g	0.676			0.575	2.254	3.006
Cystine	g	0.296			0.251	0.986	1.315
Phenylalanine	g	1.031			0.877	3.437	4.584
Tyrosine	g	0.888			0.754	2.958	3.945
Valine	g	1.285			1.092	4.283	5.712
Arginine	g	1.670			1.419	5.565	7.421
Histidine	g	0.905			0.769	3.015	4.021
Alanine	g	1.593			1.354	5.311	7.083
Aspartic acid	g	2.413			2.051	8.044	10.728
Glutamic acid	g	3.969			3.374	13.229	17.642
Glycine	g	1.441			1.225	4.804	6.407
Proline	g	1.167			0.992	3.888	5.186
Serine	g	1.010			0.859	3.367	4.490

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, FLANK, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 246 g[1]	Refuse: Connective tissue 2% Separable fat 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.27	0.014	11	48.68	141.00	238.99
Food energy	kcal	237			201	583	989
	kJ	992			843	2,441	4,138
Protein (N x 6.25)	g	28.02	0.588	11	23.82	68.98	116.92
Total lipid (fat)	g	13.00	0.996	11	11.05	32.00	54.24
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.14	0.151	7	1.82	5.27	8.93
Minerals:							
Calcium	mg	6			5	15	25
Iron	mg	3.47			2.95	8.54	14.48
Magnesium	mg	24			20	59	100
Phosphorus	mg	267			227	657	1,114
Potassium	mg	351			298	864	1,465
Sodium	mg	72			61	177	300
Zinc	mg	6.05			5.14	14.90	25.25
Copper	mg	0.124			0.105	0.305	0.517
Manganese	mg	0.019			0.016	0.047	0.079
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.14	0.060	7	0.12	0.35	0.60
Riboflavin	mg	0.19	0.200	7	0.16	0.46	0.78
Niacin	mg	4.60	0.212	7	3.91	11.33	19.20
Pantothenic acid	mg	0.38			0.33	0.95	1.60
Vitamin B-6	mg	0.36	0.049	7	0.31	0.89	1.50
Folate	mcg	9			8	22	38
Vitamin B-12	mcg	3.41			2.90	8.40	14.23
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.54			4.71	13.63	23.11
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.04
12:0	g	0.01			0.01	0.02	0.04
14:0	g	0.42		1	0.36	1.03	1.75
16:0	g	3.20		1	2.72	7.89	13.37
18:0	g	1.71		1	1.45	4.21	7.13
Monounsaturated, total	g	5.44			4.63	13.40	22.72
16:1	g	0.48		1	0.40	1.17	1.99
18:1	g	4.85		1	4.12	11.93	20.22
20:1	g	0.01			0.01	0.02	0.04
22:1	g						
Polyunsaturated, total	g	0.39			0.33	0.97	1.64
18:2	g	0.28		1	0.24	0.69	1.17
18:3	g	0.09		1	0.08	0.23	0.39
18:4	g						
20:4	g	0.02		1	0.02	0.05	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71	8.185	6	60	175	296
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.773	1.310
Threonine	g	1.224			1.040	3.013	5.107
Isoleucine	g	1.260			1.071	3.101	5.257
Leucine	g	2.215			1.882	5.452	9.242
Lysine	g	2.331			1.981	5.739	9.728
Methionine	g	0.717			0.610	1.766	2.993
Cystine	g	0.314			0.267	0.773	1.310
Phenylalanine	g	1.094			0.930	2.693	4.565
Tyrosine	g	0.941			0.800	2.318	3.929
Valine	g	1.363			1.158	3.355	5.687
Arginine	g	1.771			1.505	4.360	7.389
Histidine	g	0.959			0.815	2.362	4.003
Alanine	g	1.690			1.437	4.161	7.053
Aspartic acid	g	2.560			2.176	6.302	10.682
Glutamic acid	g	4.210			3.578	10.364	17.566
Glycine	g	1.529			1.299	3.764	6.379
Proline	g	1.237			1.052	3.046	5.163
Serine	g	1.071			0.911	2.638	4.471

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, FLANK, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 320 g[1]	Refuse: Connective tissue 2% Separable fat 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.34			52.14	196.30	261.57
Food energy	kcal	207			176	662	882
	kJ	866			736	2,771	3,693
Protein (N x 6.25)	g	27.07			23.01	86.64	115.45
Total lipid (fat)	g	10.12			8.60	32.38	43.15
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.04			1.73	6.53	8.70
Minerals:							
Calcium	mg	7			6	21	28
Iron	mg	2.57			2.19	8.23	10.96
Magnesium	mg	24			20	76	101
Phosphorus	mg	236			201	756	1,008
Potassium	mg	414			352	1,324	1,764
Sodium	mg	83			70	265	353
Zinc	mg	4.80			4.08	15.36	20.47
Copper	mg	0.099			0.084	0.316	0.421
Manganese	mg	0.016			0.013	0.051	0.068
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.09	0.34	0.45
Riboflavin	mg	0.19			0.16	0.60	0.79
Niacin	mg	5.03			4.28	16.11	21.47
Pantothenic acid	mg	0.36			0.30	1.14	1.51
Vitamin B-6	mg	0.34			0.29	1.10	1.47
Folate	mcg	8			7	25	34
Vitamin B-12	mcg	3.25			2.77	10.41	13.87
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.36			3.70	13.94	18.57
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.04	0.05
12:0	g	0.01			0.01	0.04	0.05
14:0	g	0.29			0.25	0.94	1.25
16:0	g	2.70			2.30	8.65	11.53
18:0	g	1.19			1.01	3.80	5.07
Monounsaturated, total	g	4.07			3.46	13.04	17.37
16:1	g	0.35			0.30	1.12	1.49
18:1	g	3.63			3.08	11.61	15.47
20:1	g	0.01			0.01	0.03	0.05
22:1	g						
Polyunsaturated, total	g	0.40			0.34	1.38	1.70
18:2	g	0.25			0.21	0.79	1.06
18:3	g	0.10			0.08	0.31	0.42
18:4	g						
20:4	g	0.05			0.04	0.17	0.23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			57	213	284
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.303			0.258	0.970	1.293
Threonine	g	1.183			1.005	3.784	5.043
Isoleucine	g	1.217			1.035	3.895	5.190
Leucine	g	2.140			1.819	6.848	9.125
Lysine	g	2.253			1.915	7.208	9.605
Methionine	g	0.693			0.589	2.218	2.955
Cystine	g	0.303			0.258	0.970	1.293
Phenylalanine	g	1.057			0.898	3.382	4.507
Tyrosine	g	0.910			0.773	2.911	3.879
Valine	g	1.317			1.119	4.214	5.615
Arginine	g	1.711			1.454	5.476	7.296
Histidine	g	0.927			0.788	2.966	3.953
Alanine	g	1.633			1.388	5.226	6.964
Aspartic acid	g	2.474			2.102	7.915	10.547
Glutamic acid	g	4.068			3.458	13.017	17.344
Glycine	g	1.477			1.256	4.727	6.299
Proline	g	1.196			1.016	3.826	5.098
Serine	g	1.035			0.880	3.313	4.415

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.54			247.41	15.46	207.81
Food energy	kcal	313			1,421	89	1,194
	kJ	1,311			5,949	372	4,996
Protein (N x 6.25)	g	16.37			74.23	4.64	62.35
Total lipid (fat)	g	26.98			122.40	7.65	102.81
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.77			3.50	0.22	2.94
Minerals:							
Calcium	mg	9			40	2	33
Iron	mg	1.72			7.82	0.49	6.57
Magnesium	mg	16			72	5	61
Phosphorus	mg	154			701	44	588
Potassium	mg	268			1,215	76	1,021
Sodium	mg	54			245	15	206
Zinc	mg	3.67			16.64	1.04	13.98
Copper	mg	0.058			0.264	0.016	0.221
Manganese	mg	0.012			0.053	0.003	0.044
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.36	0.02	0.30
Riboflavin	mg	0.13			0.59	0.04	0.50
Niacin	mg	2.78			12.61	0.79	10.59
Pantothenic acid	mg	0.31			1.39	0.09	1.17
Vitamin B-6	mg	0.31			1.41	0.09	1.19
Folate	mcg	5			23	1	19
Vitamin B-12	mcg	2.80			12.69	0.79	10.66
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.13			50.47	3.15	42.39
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10			0.44	0.03	0.37
12:0	g	0.07			0.30	0.02	0.25
14:0	g	0.89			4.02	0.25	3.38
16:0	g	6.69			30.33	1.90	25.48
18:0	g	3.39			15.37	0.96	12.91
Monounsaturated, total	g	11.63			52.74	3.30	44.30
16:1	g	1.38			6.24	0.39	5.24
18:1	g	10.21			46.33	2.90	38.91
20:1	g	0.04			0.18	0.01	0.15
22:1	g						
Polyunsaturated, total	g	0.97			4.41	0.28	3.71
18:2	g	0.62			2.80	0.18	2.35
18:3	g	0.33			1.51	0.09	1.27
18:4	g						
20:4	g	0.02			0.10	0.01	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			322	20	270
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.183			0.831	0.052	0.698
Threonine	g	0.715			3.243	0.203	2.724
Isoleucine	g	0.736			3.338	0.209	2.803
Leucine	g	1.294			5.867	0.367	4.928
Lysine	g	1.362			6.176	0.386	5.188
Methionine	g	0.419			1.900	0.119	1.596
Cystine	g	0.183			0.831	0.052	0.698
Phenylalanine	g	0.639			2.898	0.181	2.434
Tyrosine	g	0.550			2.494	0.156	2.095
Valine	g	0.796			3.611	0.226	3.033
Arginine	g	1.034			4.692	0.293	3.941
Histidine	g	0.560			2.542	0.159	2.135
Alanine	g	0.987			4.478	0.280	3.761
Aspartic acid	g	1.495			6.782	0.424	5.696
Glutamic acid	g	2.459			11.153	0.697	9.368
Glycine	g	0.893			4.050	0.253	3.402
Proline	g	0.723			3.278	0.205	2.753
Serine	g	0.626			2.839	0.177	2.384

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 269 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.00			40.80	129.02	171.98
Food energy	kcal	342			291	920	1,227
	kJ	1,433			1,218	3,853	5,136
Protein (N x 6.25)	g	22.24			18.90	59.78	79.69
Total lipid (fat)	g	27.43			23.32	73.74	98.29
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.03			0.87	2.76	3.68
Minerals:							
Calcium	mg	12			10	31	41
Iron	mg	2.17			1.85	5.85	7.79
Magnesium	mg	20			17	53	71
Phosphorus	mg	177			151	477	635
Potassium	mg	312			265	839	1,119
Sodium	mg	63			53	169	225
Zinc	mg	5.22			4.44	14.03	18.70
Copper	mg	0.081			0.069	0.218	0.291
Manganese	mg	0.013			0.011	0.036	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.21	0.28
Riboflavin	mg	0.17			0.14	0.46	0.61
Niacin	mg	3.25			2.76	8.73	11.64
Pantothenic acid	mg	0.32			0.27	0.87	1.16
Vitamin B-6	mg	0.27			0.23	0.73	0.97
Folate	mcg	6			5	16	22
Vitamin B-12	mcg	2.87			2.44	7.72	10.29
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.13			9.46	29.92	39.88
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.07	0.22	0.29
12:0	g	0.08			0.06	0.20	0.27
14:0	g	0.89			0.76	2.40	3.20
16:0	g	6.84			5.81	18.37	24.49
18:0	g	3.24			2.76	8.72	11.62
Monounsaturated, total	g	11.68			9.93	31.40	41.86
16:1	g	1.16			0.99	3.13	4.17
13:1	g	10.47			8.90	28.14	37.51
20:1	g	0.05			0.04	0.14	0.18
22:1	g						
Polyunsaturated, total	g	1.00			0.85	2.70	3.60
18:2	g	0.67			0.57	1.80	2.40
18:3	g	0.30			0.26	0.82	1.09
18:4	g						
20:4	g	0.03			0.03	0.08	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	221	294
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.249			0.212	0.670	0.892
Threonine	g	0.971			0.826	2.611	3.481
Isoleucine	g	1.000			0.850	2.688	3.583
Leucine	g	1.756			1.494	4.725	6.298
Lysine	g	1.850			1.573	4.974	6.630
Methionine	g	0.569			0.484	1.530	2.040
Cystine	g	0.249			0.212	0.670	0.892
Phenylalanine	g	0.868			0.738	2.334	3.111
Tyrosine	g	0.747			0.635	2.009	2.677
Valine	g	1.082			0.919	2.908	3.876
Arginine	g	1.406			1.195	3.778	5.036
Histidine	g	0.761			0.647	2.047	2.728
Alanine	g	1.342			1.140	3.606	4.807
Aspartic acid	g	2.032			1.727	5.462	7.280
Glutamic acid	g	3.341			2.840	8.981	11.972
Glycine	g	1.213			1.031	3.262	4.348
Proline	g	0.982			0.835	2.640	3.519
Serine	g	0.850			0.723	2.286	3.047

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight:		Refuse:
		Mean	Standard error	Number of samples	3 oz = 85 g	1 lb raw yields 290 g[1]	Bone 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.49			40.37	137.68	178.81
Food energy	kcal	358			304	1,037	1,347
	kJ	1,498			1,273	4,342	5,639
Protein (N x 6.25)	g	22.50			19.12	65.23	84.71
Total lipid (fat)	g	29.01			24.66	84.11	109.24
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.98			0.83	2.84	3.69
Minerals:							
Calcium	mg	11			9	32	41
Iron	mg	2.34			1.99	6.79	8.82
Magnesium	mg	20			17	57	74
Phosphorus	mg	175			149	507	659
Potassium	mg	301			256	873	1,134
Sodium	mg	63			54	184	239
Zinc	mg	5.35			4.55	15.52	20.16
Copper	mg	0.083			0.071	0.241	0.313
Manganese	mg	0.013			0.011	0.039	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.25
Riboflavin	mg	0.17			0.15	0.50	0.65
Niacin	mg	3.41			2.90	9.88	12.84
Pantothenic acid	mg	0.31			0.26	0.90	1.17
Vitamin B-6	mg	0.23			0.20	0.67	0.87
Folate	mcg	7			6	20	26
Vitamin B-12	mcg	2.54			2.16	7.37	9.58
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.70			9.94	33.91	44.03
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.07	0.25	0.32
12:0	g	0.08			0.07	0.23	0.29
14:0	g	0.94			0.80	2.73	3.55
16:0	g	7.18			6.10	20.82	27.04
18:0	g	3.41			2.90	9.88	12.83
Monounsaturated, total	g	12.47			10.60	36.16	46.96
16:1	g	1.23			1.04	3.56	4.62
18:1	g	11.19			9.51	32.43	42.12
20:1	g	0.06			0.05	0.17	0.21
22:1	g						
Polyunsaturated, total	g	1.03			0.88	2.99	3.88
18:2	g	0.68			0.58	1.98	2.57
18:3	g	0.33			0.28	0.95	1.23
18:4	g						
20:4	g	0.02			0.02	0.06	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			72	244	317
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.252			0.214	0.731	0.949
Threonine	g	0.983			0.835	2.849	3.700
Isoleucine	g	1.012			0.860	2.933	3.809
Leucine	g	1.778			1.512	5.155	6.695
Lysine	g	1.872			1.591	5.427	7.048
Methionine	g	0.576			0.490	1.670	2.169
Cystine	g	0.252			0.214	0.731	0.949
Phenylalanine	g	0.878			0.747	2.546	3.307
Tyrosine	g	0.756			0.643	2.192	2.846
Valine	g	1.094			0.930	3.173	4.120
Arginine	g	1.422			1.209	4.122	5.354
Histidine	g	0.770			0.655	2.233	2.900
Alanine	g	1.357			1.154	3.934	5.110
Aspartic acid	g	2.056			1.747	5.959	7.739
Glutamic acid	g	3.380			2.873	9.799	12.727
Glycine	g	1.228			1.043	3.559	4.622
Proline	g	0.994			0.845	2.880	3.741
Serine	g	0.860			0.731	2.494	3.239

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone %
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.73			239.17	14.95	200.89
Food energy	kcal	333			1,513	95	1,271
	kJ	1,396			6,333	396	5,319
Protein (N x 6.25)	g	16.06			72.86	4.55	61.20
Total lipid (fat)	g	29.37			133.22	8.33	111.90
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.75			3.42	0.21	2.87
Minerals:							
Calcium	mg	9			40	2	33
Iron	mg	1.69			7.66	0.48	6.43
Magnesium	mg	15			70	4	59
Phosphorus	mg	151			686	43	576
Potassium	mg	261			1,102	74	993
Sodium	mg	53			241	15	203
Zinc	mg	3.57			16.19	1.01	13.60
Copper	mg	0.057			0.259	0.016	0.218
Manganese	mg	0.011			0.052	0.003	0.043
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.35	0.02	0.29
Riboflavin	mg	0.13			0.58	0.04	0.49
Niacin	mg	2.73			12.39	0.77	10.41
Pantothenic acid	mg	0.30			1.36	0.08	1.14
Vitamin B-6	mg	0.31			1.39	0.09	1.17
Folate	mcg	5			23	1	19
Vitamin B-12	mcg	2.75			12.47	0.78	10.47
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12.11			54.92	3.43	46.13
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10			0.48	0.03	0.40
12:0	g	0.07			0.33	0.02	0.28
14:0	g	0.96			4.38	0.27	3.68
16:0	g	7.28			33.01	2.06	27.73
18:0	g	3.69			16.73	1.05	14.06
Monounsaturated, total	g	12.66			57.41	3.59	48.22
16:1	g	1.50			6.79	0.42	5.70
18:1	g	11.12			50.42	3.15	42.35
20:1	g	0.04			0.19	0.01	0.16
22:1	g						
Polyunsaturated, total	g	1.06			4.80	0.30	4.03
18:2	g	0.67			3.05	0.19	2.56
18:3	g	0.36			1.65	0.10	1.38
18:4	g						
20:4	g	0.02			0.10	0.01	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			326	20	274
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.180			0.816	0.051	0.685
Threonine	g	0.702			3.183	0.199	2.673
Isoleucine	g	0.722			3.276	0.205	2.752
Leucine	g	1.270			5.759	0.360	4.837
Lysine	g	1.336			6.062	0.379	5.092
Methionine	g	0.411			1.865	0.117	1.567
Cystine	g	0.180			0.816	0.051	0.685
Phenylalanine	g	0.627			2.845	0.178	2.389
Tyrosine	g	0.540			2.448	0.153	2.056
Valine	g	0.781			3.544	0.222	2.977
Arginine	g	1.015			4.605	0.288	3.868
Histidine	g	0.550			2.495	0.156	2.096
Alanine	g	0.969			4.395	0.275	3.692
Aspartic acid	g	1.468			6.657	0.416	5.591
Glutamic acid	g	2.413			10.947	0.684	9.195
Glycine	g	0.876			3.975	0.248	3.339
Proline	g	0.709			3.218	0.201	2.703
Serine	g	0.614			2.786	0.174	2.340

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 269 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.63			39.64	125.35	167.09
Food energy	kcal	360			306	968	1,290
	kJ	1,508			1,282	4,053	5,402
Protein (N x 6.25)	g	21.98			18.68	59.07	78.74
Total lipid (fat)	g	29.53			25.10	79.37	105.79
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.01			0.86	2.72	3.63
Minerals:							
Calcium	mg	12			10	31	41
Iron	mg	2.15			1.83	5.78	7.70
Magnesium	mg	19			16	52	70
Phosphorus	mg	175			149	471	627
Potassium	mg	308			262	828	1,103
Sodium	mg	62			53	168	224
Zinc	mg	5.13			4.36	13.80	18.39
Copper	mg	0.080			0.068	0.216	0.288
Manganese	mg	0.013			0.011	0.035	0.047
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.06	0.21	0.27
Riboflavin	mg	0.17			0.14	0.45	0.60
Niacin	mg	3.21			2.73	8.62	11.49
Pantothenic acid	mg	0.32			0.27	0.86	1.14
Vitamin B-6	mg	0.27			0.23	0.72	0.96
Folate	mcg	6			5	16	21
Vitamin B-12	mcg	2.84			2.42	7.65	10.19
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.98			10.18	32.21	42.93
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.07	0.23	0.31
12:0	g	0.08			0.07	0.22	0.29
14:0	g	0.96			0.82	2.59	3.45
16:0	g	7.35			6.25	19.77	26.35
18:0	g	3.50			2.97	9.40	12.53
Monounsaturated, total	g	12.57			10.68	33.78	45.03
16:1	g	1.25			1.06	3.37	4.49
18:1	g	11.26			9.57	30.27	40.35
20:1	g	0.05			0.05	0.15	0.19
22:1	g						
Polyunsaturated, total	g	1.08			0.92	2.90	3.87
18:2	g	0.72			0.62	1.95	2.59
18:3	g	0.32			0.27	0.87	1.16
18:4	g						
20:4	g	0.03			0.03	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	221	295
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.246			0.209	0.662	0.882
Threonine	g	0.960			0.816	2.580	3.439
Isoleucine	g	0.988			0.840	2.656	3.540
Leucine	g	1.737			1.476	4.669	6.224
Lysine	g	1.828			1.554	4.915	6.551
Methionine	g	0.563			0.478	1.512	2.016
Cystine	g	0.246			0.209	0.662	0.882
Phenylalanine	g	0.858			0.729	2.306	3.074
Tyrosine	g	0.738			0.628	1.985	2.646
Valine	g	1.069			0.909	2.873	3.830
Arginine	g	1.389			1.181	3.733	4.976
Histidine	g	0.752			0.640	2.023	2.696
Alanine	g	1.326			1.127	3.563	4.750
Aspartic acid	g	2.008			1.707	5.397	7.194
Glutamic acid	g	3.302			2.806	8.875	11.830
Glycine	g	1.199			1.019	3.223	4.296
Proline	g	0.970			0.825	2.609	3.477
Serine	g	0.840			0.714	2.259	3.011

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 290 g[1]	Refuse: Bone 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	45.87			38.99	132.96	172.68
Food energy	*kcal*	376			320	1,091	1,417
	kJ	1,575			1,339	4,567	5,931
Protein (N x 6.25)	*g*	22.17			18.84	64.26	83.46
Total lipid (fat)	*g*	31.23			26.54	90.53	117.58
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.97			0.82	2.80	3.64
Minerals:							
Calcium	*mg*	11			9	32	41
Iron	*mg*	2.31			1.96	6.69	8.69
Magnesium	*mg*	19			16	56	72
Phosphorus	*mg*	172			146	499	648
Potassium	*mg*	296			252	859	1,115
Sodium	*mg*	63			53	182	236
Zinc	*mg*	5.24			4.45	15.19	19.73
Copper	*mg*	0.082			0.070	0.238	0.309
Manganese	*mg*	0.013			0.011	0.038	0.050
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.19	0.25
Riboflavin	*mg*	0.17			0.15	0.50	0.64
Niacin	*mg*	3.36			2.85	9.73	12.63
Pantothenic acid	*mg*	0.31			0.26	0.88	1.15
Vitamin B-6	*mg*	0.23			0.19	0.66	0.86
Folate	*mcg*	7			6	20	25
Vitamin B-12	*mcg*	2.52			2.14	7.30	9.49
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	12.60			10.71	36.52	47.42
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.09			0.08	0.27	0.35
12:0	*g*	0.08			0.07	0.25	0.32
14:0	*g*	1.02			0.86	2.95	3.83
16:0	*g*	7.73			6.57	22.42	29.12
18:0	*g*	3.67			3.12	10.63	13.81
Monounsaturated, total	*g*	13.43			11.41	38.93	50.56
16:1	*g*	1.33			1.13	3.85	5.00
18:1	*g*	12.04			10.23	34.90	45.32
20:1	*g*	0.06			0.05	0.18	0.23
22:1	*g*						
Polyunsaturated, total	*g*	1.11			0.94	3.22	4.18
18:2	*g*	0.73			0.62	2.13	2.76
18:3	*g*	0.35			0.30	1.03	1.34
18:4	*g*						
20:4	*g*	0.02			0.02	0.07	0.09
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	85			72	245	319
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.248			0.211	0.720	0.935
Threonine	*g*	0.968			0.823	2.807	3.645
Isoleucine	*g*	0.997			0.847	2.889	3.752
Leucine	*g*	1.752			1.489	5.079	6.596
Lysine	*g*	1.844			1.568	5.346	6.943
Methionine	*g*	0.567			0.482	1.645	2.136
Cystine	*g*	0.248			0.211	0.720	0.935
Phenylalanine	*g*	0.865			0.736	2.509	3.258
Tyrosine	*g*	0.745			0.633	2.159	2.804
Valine	*g*	1.078			0.916	3.126	4.059
Arginine	*g*	1.401			1.191	4.061	5.274
Histidine	*g*	0.759			0.645	2.200	2.858
Alanine	*g*	1.337			1.137	3.876	5.034
Aspartic acid	*g*	2.025			1.721	5.871	7.624
Glutamic acid	*g*	3.330			2.831	9.654	12.538
Glycine	*g*	1.209			1.028	3.506	4.553
Proline	*g*	0.979			0.832	2.838	3.685
Serine	*g*	0.848			0.720	2.457	3.191

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.02			254.11	15.88	213.44
Food energy	kcal	297			1,346	84	1,131
	kJ	1,242			5,634	352	4,733
Protein (N x 6.25)	g	16.55			75.08	4.69	63.06
Total lipid (fat)	g	25.06			113.68	7.11	95.49
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.78			3.55	0.22	2.98
Minerals:							
Calcium	mg	9			39	2	33
Iron	mg	1.75			7.92	0.50	6.65
Magnesium	mg	16			74	5	62
Phosphorus	mg	156			709	44	596
Potassium	mg	273			1,236	77	1,038
Sodium	mg	55			248	16	208
Zinc	mg	3.73			16.92	1.06	14.22
Copper	mg	0.059			0.266	0.017	0.224
Manganese	mg	0.012			0.053	0.003	0.045
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.36	0.02	0.30
Riboflavin	mg	0.13			0.60	0.04	0.50
Niacin	mg	2.81			12.75	0.80	10.71
Pantothenic acid	mg	0.31			1.41	0.09	1.18
Vitamin B-6	mg	0.31			1.43	0.09	1.20
Folate	mcg	5			23	1	20
Vitamin B-12	mcg	2.83			12.82	0.80	10.77
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.34			46.90	2.93	39.39
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.41	0.03	0.35
12:0	g	0.06			0.28	0.02	0.24
14:0	g	0.82			3.74	0.23	3.14
16:0	g	6.21			28.19	1.76	23.68
18:0	g	3.15			14.27	0.89	11.99
Monounsaturated, total	g	10.81			49.03	3.06	41.18
16:1	g	1.28			5.82	0.36	4.89
18:1	g	9.49			43.04	2.69	36.15
20:1	g	0.04			0.17	0.01	0.14
22:1	g						
Polyunsaturated, total	g	0.90			4.10	0.26	3.44
18:2	g	0.57			2.59	0.16	2.17
18:3	g	0.31			1.43	0.09	1.20
18:4	g						
20:4	g	0.02			0.08	0.01	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	70			319	20	268
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.185			0.841	0.053	0.706
Threonine	g	0.723			3.279	0.205	2.754
Isoleucine	g	0.744			3.375	0.211	2.835
Leucine	g	1.308			5.934	0.371	4.984
Lysine	g	1.377			6.246	0.390	5.247
Methionine	g	0.424			1.922	0.120	1.614
Cystine	g	0.185			0.841	0.053	0.706
Phenylalanine	g	0.646			2.931	0.183	2.462
Tyrosine	g	0.556			2.523	0.158	2.119
Valine	g	0.805			3.652	0.228	3.067
Arginine	g	1.046			4.745	0.297	3.985
Histidine	g	0.567			2.571	0.161	2.159
Alanine	g	0.998			4.529	0.283	3.804
Aspartic acid	g	1.512			6.859	0.429	5.761
Glutamic acid	g	2.487			11.279	0.705	9.474
Glycine	g	0.903			4.096	0.256	3.441
Proline	g	0.731			3.315	0.207	2.785
Serine	g	0.633			2.871	0.179	2.411

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 265 g[1]	Refuse: Bone 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49.74			42.28	132.02	176.00
Food energy	kcal	323			274	857	1,142
	kJ	1,352			1,149	3,587	4,782
Protein (N x 6.25)	g	22.49			19.12	59.69	79.57
Total lipid (fat)	g	25.15			21.37	66.74	88.97
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04			0.88	2.76	3.67
Minerals:							
Calcium	mg	11			10	30	41
Iron	mg	2.20			1.87	5.84	7.78
Magnesium	mg	20			17	53	71
Phosphorus	mg	179			153	476	635
Potassium	mg	316			269	840	1,120
Sodium	mg	63			54	168	224
Zinc	mg	5.30			4.51	14.07	18.76
Copper	mg	0.082			0.070	0.217	0.290
Manganese	mg	0.013			0.011	0.036	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.21	0.28
Riboflavin	mg	0.17			0.15	0.46	0.61
Niacin	mg	3.29			2.79	8.72	11.62
Pantothenic acid	mg	0.33			0.28	0.87	1.16
Vitamin B-6	mg	0.27			0.23	0.73	0.97
Folate	mcg	6			5	16	22
Vitamin B-12	mcg	2.90			2.46	7.69	10.26
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.20			8.67	27.06	36.07
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.19	0.26
12:0	g	0.07			0.06	0.18	0.24
14:0	g	0.82			0.70	2.17	2.89
16:0	g	6.26			5.32	16.63	22.16
18:0	g	2.97			2.53	7.89	10.51
Monounsaturated, total	g	10.69			9.09	28.38	37.83
16:1	g	1.06			0.90	2.81	3.74
18:1	g	9.59			8.15	25.45	33.92
20:1	g	0.05			0.04	0.12	0.17
22:1	g						
Polyunsaturated, total	g	0.92			0.78	2.45	3.27
18:2	g	0.62			0.53	1.65	2.20
18:3	g	0.27			0.23	0.72	0.97
18:4	g						
20:4	g	0.03			0.03	0.08	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			69	217	289
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.252			0.214	0.669	0.891
Threonine	g	0.982			0.835	2.607	3.476
Isoleucine	g	1.011			0.859	2.684	3.577
Leucine	g	1.778			1.511	4.718	6.289
Lysine	g	1.871			1.590	4.966	6.620
Methionine	g	0.576			0.489	1.528	2.037
Cystine	g	0.252			0.214	0.669	0.891
Phenylalanine	g	0.878			0.746	2.330	3.106
Tyrosine	g	0.756			0.642	2.006	2.674
Valine	g	1.094			0.930	2.903	3.870
Arginine	g	1.421			1.208	3.772	5.029
Histidine	g	0.770			0.655	2.044	2.724
Alanine	g	1.357			1.153	3.600	4.800
Aspartic acid	g	2.055			1.746	5.453	7.269
Glutamic acid	g	3.379			2.872	8.968	11.954
Glycine	g	1.227			1.043	3.257	4.341
Proline	g	0.993			0.844	2.636	3.514
Serine	g	0.860			0.731	2.282	3.043

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion: Mean	Amount in 100 grams, edible portion: Standard error	Amount in 100 grams, edible portion: Number of samples	Amount in edible portion of common measures of food: Approximate measure and weight: 3 oz - 85 g	Amount in edible portion of common measures of food: Approximate measure and weight: 1 lb raw yields 290 g[1]	Amount in edible portion of 1 pound of food as purchased: Refuse: Bone 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49.32			41.92	142.96	185.67
Food energy	kcal	336			286	975	1,266
	kJ	1,406			1,197	4,082	5,302
Protein (N x 6.25)	g	22.86			19.43	66.28	86.08
Total lipid (fat)	g	26.47			22.50	76.73	99.66
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99			0.84	2.88	3.74
Minerals:							
Calcium	mg	11			9	31	41
Iron	mg	2.38			2.02	6.90	8.97
Magnesium	mg	20			17	58	75
Phosphorus	mg	178			151	516	670
Potassium	mg	306			260	888	1,154
Sodium	mg	64			54	186	241
Zinc	mg	5.48			4.66	15.90	20.65
Copper	mg	0.084			0.072	0.245	0.318
Manganese	mg	0.014			0.012	0.039	0.051
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.25
Riboflavin	mg	0.18			0.15	0.51	0.66
Niacin	mg	3.47			2.95	10.06	13.07
Pantothenic acid	mg	0.32			0.27	0.92	1.19
Vitamin B-6	mg	0.23			0.20	0.68	0.88
Folate	mcg	7			6	20	26
Vitamin B-12	mcg	2.57			2.18	7.44	9.66
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.66			9.06	30.91	40.14
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.07	0.22	0.29
12:0	g	0.07			0.06	0.21	0.27
14:0	g	0.86			0.73	2.49	3.24
16:0	g	6.55			5.57	18.99	24.66
18:0	g	3.11			2.64	9.00	11.69
Monounsaturated, total	g	11.38			9.67	32.98	42.84
16:1	g	1.11			0.95	3.23	4.19
18:1	g	10.21			8.68	29.60	38.44
20:1	g	0.05			0.04	0.15	0.20
22:1	g						
Polyunsaturated, total	g	0.94			0.80	2.73	3.54
18:2	g	0.63			0.53	1.81	2.35
18:3	g	0.30			0.25	0.86	1.11
18:4	g						
20:4	g	0.02			0.02	0.06	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	243	316
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.256			0.218	0.742	0.964
Threonine	g	0.999			0.849	2.895	3.760
Isoleucine	g	1.028			0.874	2.980	3.870
Leucine	g	1.807			1.536	5.239	6.804
Lysine	g	1.902			1.617	5.515	7.162
Methionine	g	0.585			0.498	1.697	2.204
Cystine	g	0.256			0.218	0.742	0.964
Phenylalanine	g	0.893			0.759	2.588	3.361
Tyrosine	g	0.768			0.653	2.227	2.892
Valine	g	1.112			0.945	3.224	4.187
Arginine	g	1.445			1.228	4.189	5.441
Histidine	g	0.783			0.665	2.270	2.948
Alanine	g	1.379			1.172	3.998	5.193
Aspartic acid	g	2.089			1.776	6.056	7.865
Glutamic acid	g	3.435			2.920	9.959	12.933
Glycine	g	1.247			1.060	3.616	4.697
Proline	g	1.010			0.858	2.927	3.801
Serine	g	0.874			0.743	2.535	3.292

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	50.55			229.29	14.33	194.92
Food energy	*kcal*	364			1,653	103	1,405
	kJ	1,525			6,918	432	5,881
Protein (N x 6.25)	*g*	15.91			72.15	4.51	61.33
Total lipid (fat)	*g*	32.86			149.07	9.32	126.73
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.74			3.37	0.21	2.87
Minerals:							
Calcium	*mg*	9			40	2	34
Iron	*mg*	1.67			7.57	0.47	6.44
Magnesium	*mg*	15			69	4	59
Phosphorus	*mg*	150			678	42	577
Potassium	*mg*	257			1,164	73	989
Sodium	*mg*	53			239	15	203
Zinc	*mg*	3.52			15.96	1.00	13.56
Copper	*mg*	0.057			0.257	0.016	0.219
Manganese	*mg*	0.011			0.051	0.003	0.044
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.35	0.02	0.29
Riboflavin	*mg*	0.13			0.58	0.04	0.49
Niacin	*mg*	2.70			12.27	0.77	10.43
Pantothenic acid	*mg*	0.30			1.34	0.08	1.14
Vitamin B-6	*mg*	0.30			1.38	0.09	1.17
Folate	*mcg*	5			23	1	19
Vitamin B-12	*mcg*	2.72			12.35	0.77	10.50
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	13.72			62.24	3.89	52.91
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.11			0.51	0.03	0.43
12:0	*g*	0.08			0.35	0.02	0.30
14:0	*g*	1.07			4.87	0.30	4.14
16:0	*g*	8.12			36.84	2.30	31.32
18:0	*g*	4.14			18.79	1.17	15.97
Monounsaturated, total	*g*	14.29			64.84	4.05	55.12
16:1	*g*	1.64			7.45	0.47	6.33
18:1	*g*	12.43			56.40	3.52	47.94
20:1	*g*	0.05			0.22	0.01	0.18
22:1	*g*						
Polyunsaturated, total	*g*	1.20			5.43	0.34	4.62
18:2	*g*	0.77			3.49	0.22	2.97
18:3	*g*	0.39			1.75	0.11	1.49
18:4	*g*						
20:4	*g*	0.03			0.14	0.01	0.12
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	73			329	21	280
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.178			0.808	0.051	0.687
Threonine	*g*	0.695			3.151	0.197	2.679
Isoleucine	*g*	0.715			3.244	0.203	2.757
Leucine	*g*	1.257			5.702	0.356	4.848
Lysine	*g*	1.323			6.002	0.375	5.103
Methionine	*g*	0.407			1.847	0.115	1.570
Cystine	*g*	0.178			0.808	0.051	0.687
Phenylalanine	*g*	0.621			2.817	0.176	2.394
Tyrosine	*g*	0.534			2.424	0.152	2.061
Valine	*g*	0.774			3.509	0.219	2.983
Arginine	*g*	1.005			4.560	0.285	3.876
Histidine	*g*	0.545			2.470	0.154	2.100
Alanine	*g*	0.959			4.352	0.272	3.699
Aspartic acid	*g*	1.453			6.591	0.412	5.603
Glutamic acid	*g*	2.390			10.839	0.677	9.214
Glycine	*g*	0.868			3.936	0.246	3.346
Proline	*g*	0.702			3.186	0.199	2.708
Serine	*g*	0.608			2.759	0.172	2.345

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 276 g[1]	Refuse: Bone 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	44.33			37.68	122.18	162.88
Food energy	kcal	392			333	1,080	1,439
	kJ	1,640			1,394	4,520	6,026
Protein (N x 6.25)	g	21.72			18.46	59.86	79.80
Total lipid (fat)	g	33.15			28.18	91.37	121.81
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.95			0.81	2.61	3.48
Minerals:							
Calcium	mg	11			9	31	41
Iron	mg	2.11			1.79	5.81	7.75
Magnesium	mg	20			17	55	73
Phosphorus	mg	167			142	461	614
Potassium	mg	306			260	844	1,126
Sodium	mg	62			52	170	226
Zinc	mg	5.11			4.34	14.08	18.77
Copper	mg	0.080			0.068	0.220	0.294
Manganese	mg	0.013			0.011	0.037	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.21	0.28
Riboflavin	mg	0.17			0.15	0.48	0.64
Niacin	mg	3.15			2.68	8.69	11.59
Pantothenic acid	mg	0.32			0.27	0.87	1.16
Vitamin B-6	mg	0.29			0.25	0.81	1.08
Folate	mcg	6			5	17	23
Vitamin B-12	mcg	2.82			2.40	7.77	10.35
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	13.72			11.67	37.82	50.42
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.07	0.23	0.30
12:0	g	0.08			0.07	0.22	0.30
14:0	g	1.08			0.92	2.99	3.98
16:0	g	8.20			6.97	22.60	30.13
18:0	g	4.01			3.41	11.05	14.73
Monounsaturated, total	g	14.47			12.30	39.87	53.15
16:1	g	1.35			1.15	3.72	4.96
18:1	g	12.84			10.92	35.40	47.19
20:1	g	0.06			0.05	0.16	0.22
22:1	g						
Polyunsaturated, total	g	1.15			0.98	3.17	4.23
18:2	g	0.78			0.66	2.14	2.85
18:3	g	0.32			0.27	0.89	1.18
18:4	g						
20:4	g	0.04			0.03	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	234	312
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.243			0.207	0.670	0.894
Threonine	g	0.949			0.806	2.615	3.486
Isoleucine	g	0.977			0.830	2.691	3.588
Leucine	g	1.717			1.459	4.732	6.308
Lysine	g	1.807			1.536	4.981	6.640
Methionine	g	0.556			0.473	1.532	2.043
Cystine	g	0.243			0.207	0.670	0.894
Phenylalanine	g	0.848			0.721	2.337	3.115
Tyrosine	g	0.730			0.620	2.011	2.681
Valine	g	1.056			0.898	2.912	3.882
Arginine	g	1.373			1.167	3.783	5.043
Histidine	g	0.744			0.632	2.050	2.732
Alanine	g	1.310			1.114	3.611	4.814
Aspartic acid	g	1.984			1.687	5.469	7.291
Glutamic acid	g	3.263			2.774	8.994	11.989
Glycine	g	1.185			1.007	3.266	4.354
Proline	g	0.959			0.815	2.644	3.524
Serine	g	0.831			0.706	2.289	3.052

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 279 g[1]	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	42.64			36.24	119.14	154.74
Food energy	kcal	409			348	1,143	1,484
	kJ	1,712			1,455	4,783	6,212
Protein (N x 6.25)	g	22.21			18.88	62.05	80.59
Total lipid (fat)	g	34.82			29.60	97.30	126.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.89			0.76	2.49	3.24
Minerals:							
Calcium	mg	11			10	31	41
Iron	mg	2.14			1.82	5.98	7.77
Magnesium	mg	19			16	54	70
Phosphorus	mg	172			146	480	623
Potassium	mg	299			254	834	1,083
Sodium	mg	64			54	179	232
Zinc	mg	5.27			4.48	14.72	19.12
Copper	mg	0.082			0.070	0.230	0.299
Manganese	mg	0.013			0.011	0.037	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.25
Riboflavin	mg	0.17			0.15	0.49	0.63
Niacin	mg	3.34			2.84	9.33	12.12
Pantothenic acid	mg	0.36			0.30	0.99	1.29
Vitamin B-6	mg	0.26			0.22	0.71	0.93
Folate	mcg	7			6	19	25
Vitamin B-12	mcg	2.53			2.15	7.06	9.17
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	14.41			12.25	40.25	52.28
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.08	0.25	0.32
12:0	g	0.08			0.07	0.23	0.30
14:0	g	1.14			0.97	3.18	4.12
16:0	g	8.62			7.32	24.08	31.27
18:0	g	4.19			3.56	11.71	15.21
Monounsaturated, total	g	15.17			12.90	42.40	55.07
16:1	g	1.42			1.21	3.97	5.16
18:1	g	13.48			11.45	37.65	48.90
20:1	g	0.06			0.05	0.16	0.21
22:1	g						
Polyunsaturated, total	g	1.21			1.03	3.39	4.40
18:2	g	0.81			0.69	2.27	2.95
18:3	g	0.34			0.29	0.96	1.25
18:4	g						
20:4	g	0.04			0.03	0.11	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	237	308
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.249			0.211	0.695	0.903
Threonine	g	0.970			0.825	2.710	3.520
Isoleucine	g	0.998			0.849	2.790	3.623
Leucine	g	1.755			1.492	4.904	6.370
Lysine	g	1.848			1.570	5.162	6.705
Methionine	g	0.568			0.483	1.588	2.063
Cystine	g	0.249			0.211	0.695	0.903
Phenylalanine	g	0.867			0.737	2.422	3.146
Tyrosine	g	0.746			0.634	2.085	2.708
Valine	g	1.080			0.918	3.018	3.920
Arginine	g	1.403			1.193	3.921	5.093
Histidine	g	0.760			0.646	2.124	2.759
Alanine	g	1.340			1.139	3.743	4.861
Aspartic acid	g	2.029			1.725	5.669	7.363
Glutamic acid	g	3.336			2.835	9.322	12.108
Glycine	g	1.212			1.030	3.385	4.397
Proline	g	0.981			0.834	2.740	3.559
Serine	g	0.849			0.722	2.373	3.082

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 197 g[1]	Refuse: Bone 21% Separable fat 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	58.44			49.67	115.30	153.75
Food energy	*kcal*	223			189	439	586
	kJ	932			792	1,839	2,453
Protein (N x 6.25)	*g*	26.34			22.39	51.97	69.31
Total lipid (fat)	*g*	12.22			10.39	24.11	32.15
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.23			1.05	2.43	3.24
Minerals:							
Calcium	*mg*	11			9	21	28
Iron	*mg*	2.57			2.18	5.07	6.76
Magnesium	*mg*	25			21	48	65
Phosphorus	*mg*	213			181	421	561
Potassium	*mg*	381			324	751	1,002
Sodium	*mg*	71			60	140	186
Zinc	*mg*	6.57			5.59	12.97	17.29
Copper	*mg*	0.094			0.080	0.185	0.247
Manganese	*mg*	0.016			0.013	0.031	0.041
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.09			0.08	0.18	0.24
Riboflavin	*mg*	0.20			0.17	0.39	0.52
Niacin	*mg*	3.84			3.27	7.59	10.12
Pantothenic acid	*mg*	0.38			0.33	0.76	1.01
Vitamin B-6	*mg*	0.32			0.27	0.63	0.84
Folate	*mcg*	7			6	14	19
Vitamin B-12	*mcg*	3.32			2.82	6.54	8.72
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	4.97			4.22	9.81	13.08
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.03	0.04
12:0	*g*	0.01			0.01	0.03	0.04
14:0	*g*	0.38			0.32	0.75	0.99
16:0	*g*	2.96			2.51	5.83	7.78
18:0	*g*	1.61			1.37	3.17	4.23
Monounsaturated, total	*g*	5.03			4.27	9.92	13.22
16:1	*g*	0.46			0.39	0.92	1.22
18:1	*g*	4.55			3.87	8.98	11.98
20:1	*g*	0.01			0.01	0.02	0.02
22:1	*g*						
Polyunsaturated, total	*g*	0.42			0.35	0.82	1.10
18:2	*g*	0.33			0.28	0.66	0.88
18:3	*g*	0.04			0.04	0.08	0.11
18:4	*g*						
20:4	*g*	0.04			0.03	0.08	0.11
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	77			66	153	204
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.295			0.251	0.582	0.776
Threonine	*g*	1.151			0.978	2.270	3.027
Isoleucine	*g*	1.184			1.007	2.337	3.116
Leucine	*g*	2.082			1.770	4.108	5.478
Lysine	*g*	2.192			1.863	4.324	5.766
Methionine	*g*	0.674			0.573	1.330	1.774
Cystine	*g*	0.295			0.251	0.582	0.776
Phenylalanine	*g*	1.028			0.874	2.029	2.706
Tyrosine	*g*	0.885			0.752	1.746	2.329
Valine	*g*	1.281			1.089	2.528	3.371
Arginine	*g*	1.665			1.415	3.285	4.380
Histidine	*g*	0.902			0.767	1.780	2.373
Alanine	*g*	1.589			1.351	3.135	4.180
Aspartic acid	*g*	2.407			2.046	4.748	6.332
Glutamic acid	*g*	3.958			3.364	7.808	10.412
Glycine	*g*	1.437			1.222	2.836	3.781
Proline	*g*	1.163			0.989	2.295	3.061
Serine	*g*	1.007			0.856	1.987	2.650

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 206 g[1]	Refuse: Bone 17% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	59.05			50.19	121.69	158.01
Food energy	*kcal*	229			195	472	613
	kJ	959			815	1,977	2,566
Protein (N x 6.25)	*g*	27.25			23.16	56.16	72.92
Total lipid (fat)	*g*	12.50			10.62	25.76	33.45
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.19			1.01	2.45	3.18
Minerals:							
Calcium	*mg*	10			8	20	26
Iron	*mg*	2.86			2.43	5.89	7.64
Magnesium	*mg*	25			21	51	67
Phosphorus	*mg*	214			182	442	574
Potassium	*mg*	374			318	770	1,000
Sodium	*mg*	72			61	149	194
Zinc	*mg*	6.95			5.91	14.32	18.60
Copper	*mg*	0.099			0.084	0.203	0.264
Manganese	*mg*	0.016			0.014	0.033	0.043
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.16	0.21
Riboflavin	*mg*	0.21			0.18	0.43	0.55
Niacin	*mg*	4.16			3.54	8.57	11.13
Pantothenic acid	*mg*	0.38			0.32	0.77	1.00
Vitamin B-6	*mg*	0.27			0.23	0.55	0.72
Folate	*mcg*	8			7	17	23
Vitamin B-12	*mcg*	2.91			2.47	5.99	7.77
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	4.98			4.23	10.26	13.32
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.02	0.03
12:0	*g*	0.01			0.01	0.02	0.03
14:0	*g*	0.38			0.32	0.78	1.02
16:0	*g*	2.95			2.51	6.08	7.89
18:0	*g*	1.63			1.38	3.36	4.36
Monounsaturated, total	*g*	5.28			4.49	10.89	14.14
16:1	*g*	0.46			0.39	0.95	1.24
18:1	*g*	4.81			4.09	9.91	12.87
20:1	*g*	0.01			0.01	0.02	0.03
22:1	*g*						
Polyunsaturated, total	*g*	0.38			0.32	0.78	1.02
18:2	*g*	0.31			0.26	0.64	0.82
18:3	*g*	0.04			0.03	0.08	0.11
18:4	*g*						
20:4	*g*	0.03			0.03	0.06	0.08
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	80			68	165	214
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.305			0.259	0.629	0.817
Threonine	*g*	1.190			1.012	2.453	3.185
Isoleucine	*g*	1.225			1.041	2.525	3.278
Leucine	*g*	2.154			1.831	4.439	5.764
Lysine	*g*	2.267			1.927	4.673	6.067
Methionine	*g*	0.698			0.593	1.438	1.867
Cystine	*g*	0.305			0.259	0.629	0.817
Phenylalanine	*g*	1.064			0.904	2.193	2.847
Tyrosine	*g*	0.916			0.778	1.887	2.450
Valine	*g*	1.325			1.127	2.732	3.547
Arginine	*g*	1.722			1.464	3.549	4.609
Histidine	*g*	0.933			0.793	1.923	2.497
Alanine	*g*	1.644			1.397	3.388	4.399
Aspartic acid	*g*	2.490			2.116	5.131	6.662
Glutamic acid	*g*	4.094			3.480	8.438	10.955
Glycine	*g*	1.487			1.264	3.064	3.979
Proline	*g*	1.203			1.023	2.480	3.220
Serine	*g*	1.042			0.886	2.148	2.788

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[1] Raw weight includes refuse; cooked weight excludes refuse.

AH-8-13 (1989)
NDB No. 13085

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 194 g[1]	Refuse: Bone 21% Separable fat 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.44			48.82	111.37	148.53
Food energy	kcal	237			201	460	613
	kJ	992			843	1,924	2,566
Protein (N x 6.25)	g	26.34			22.39	51.08	68.12
Total lipid (fat)	g	13.81			11.74	26.78	35.71
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.05	2.39	3.18
Minerals:							
Calcium	mg	11			9	21	27
Iron	mg	2.57			2.18	4.98	6.65
Magnesium	mg	25			21	48	64
Phosphorus	mg	213			181	414	552
Potassium	mg	381			324	738	985
Sodium	mg	71			60	137	183
Zinc	mg	6.57			5.59	12.74	16.99
Copper	mg	0.094			0.080	0.182	0.243
Manganese	mg	0.016			0.013	0.030	0.040
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.18	0.24
Riboflavin	mg	0.20			0.17	0.38	0.51
Niacin	mg	3.84			3.27	7.45	9.94
Pantothenic acid	mg	0.38			0.33	0.74	0.99
Vitamin B-6	mg	0.32			0.27	0.62	0.82
Folate	mcg	7			6	14	18
Vitamin B-12	mcg	3.32			2.82	6.43	8.57
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.62			4.77	10.89	14.53
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.01	0.03	0.04
12:0	g	0.02			0.01	0.03	0.04
14:0	g	0.43			0.36	0.83	1.10
16:0	g	3.34			2.84	6.48	8.64
18:0	g	1.82			1.54	3.52	4.70
Monounsaturated, total	g	5.68			4.83	11.01	14.69
16:1	g	0.53			0.45	1.02	1.36
18:1	g	5.15			4.37	9.98	13.31
20:1	g	0.01			0.01	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.47			0.40	0.92	1.22
18:2	g	0.38			0.32	0.73	0.98
18:3	g	0.05			0.04	0.09	0.12
18:4	g						
20:4	g	0.05			0.04	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	77			66	150	200
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.295			0.251	0.572	0.763
Threonine	g	1.151			0.978	2.231	2.975
Isoleucine	g	1.184			1.007	2.296	3.063
Leucine	g	2.082			1.770	4.037	5.384
Lysine	g	2.192			1.863	4.250	5.668
Methionine	g	0.674			0.573	1.308	1.744
Cystine	g	0.295			0.251	0.572	0.763
Phenylalanine	g	1.028			0.874	1.994	2.659
Tyrosine	g	0.885			0.752	1.716	2.289
Valine	g	1.281			1.089	2.484	3.313
Arginine	g	1.665			1.415	3.228	4.305
Histidine	g	0.902			0.767	1.749	2.332
Alanine	g	1.589			1.351	3.081	4.109
Aspartic acid	g	2.407			2.046	4.666	6.223
Glutamic acid	g	3.958			3.364	7.674	10.234
Glycine	g	1.437			1.222	2.787	3.717
Proline	g	1.163			0.989	2.256	3.008
Serine	g	1.007			0.856	1.953	2.605

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 203 g[1]	Refuse: Bone 17% Separable fat 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.87			49.19	117.25	152.26
Food energy	kcal	243			206	492	639
	kJ	1,017			864	2,060	2,675
Protein (N x 6.25)	g	27.25			23.16	55.21	71.69
Total lipid (fat)	g	14.03			11.92	28.42	36.91
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.19			1.01	2.41	3.13
Minerals:							
Calcium	mg	10			8	20	25
Iron	mg	2.86			2.43	5.79	7.51
Magnesium	mg	25			21	51	66
Phosphorus	mg	214			182	434	564
Potassium	mg	374			318	757	983
Sodium	mg	72			61	147	190
Zinc	mg	6.95			5.91	14.08	18.29
Copper	mg	0.099			0.084	0.200	0.259
Manganese	mg	0.016			0.014	0.032	0.042
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.16	0.21
Riboflavin	mg	0.21			0.18	0.42	0.55
Niacin	mg	4.16			3.54	8.43	10.94
Pantothenic acid	mg	0.38			0.32	0.76	0.99
Vitamin B-6	mg	0.27			0.23	0.54	0.71
Folate	mcg	8			7	17	22
Vitamin B-12	mcg	2.91			2.47	5.89	7.64
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.60			4.76	11.34	14.73
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.03	0.04
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.43			0.37	0.87	1.13
16:0	g	3.32			2.82	6.72	8.73
18:0	g	1.83			1.55	3.70	4.80
Monounsaturated, total	g	5.94			5.05	12.03	15.62
16:1	g	0.53			0.45	1.07	1.39
18:1	g	5.39			4.58	10.93	14.19
20:1	g	0.01			0.01	0.03	0.04
22:1	g						
Polyunsaturated, total	g	0.43			0.36	0.87	1.13
18:2	g	0.34			0.29	0.69	0.90
18:3	g	0.05			0.04	0.11	0.14
18:4	g						
20:4	g	0.03			0.03	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	162	211
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.305			0.259	0.618	0.803
Threonine	g	1.190			1.012	2.411	3.132
Isoleucine	g	1.225			1.041	2.482	3.223
Leucine	g	2.154			1.831	4.364	5.667
Lysine	g	2.267			1.927	4.593	5.965
Methionine	g	0.698			0.593	1.413	1.835
Cystine	g	0.305			0.259	0.618	0.803
Phenylalanine	g	1.064			0.904	2.155	2.799
Tyrosine	g	0.916			0.778	1.855	2.409
Valine	g	1.325			1.127	2.685	3.487
Arginine	g	1.722			1.464	3.489	4.531
Histidine	g	0.933			0.793	1.890	2.455
Alanine	g	1.644			1.397	3.330	4.324
Aspartic acid	g	2.489			2.116	5.044	6.550
Glutamic acid	g	4.094			3.480	8.294	10.771
Glycine	g	1.487			1.264	3.012	3.912
Proline	g	1.203			1.023	2.438	3.166
Serine	g	1.042			0.886	2.111	2.742

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 201 g[1]	Refuse: Bone 22% Separable fat 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	59.92			50.93	120.26	160.35
Food energy	*kcal*	206			175	414	552
	kJ	864			735	1,734	2,312
Protein (N x 6.25)	*g*	26.33			22.38	52.85	70.47
Total lipid (fat)	*g*	10.42			8.86	20.91	27.88
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.23			1.05	2.47	3.29
Minerals:							
Calcium	*mg*	11			9	21	28
Iron	*mg*	2.57			2.18	5.16	6.88
Magnesium	*mg*	25			21	49	66
Phosphorus	*mg*	213			181	428	571
Potassium	*mg*	381			324	764	1,019
Sodium	*mg*	71			60	142	189
Zinc	*mg*	6.57			5.58	13.18	17.58
Copper	*mg*	0.094			0.080	0.188	0.251
Manganese	*mg*	0.016			0.013	0.031	0.042
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.09			0.08	0.19	0.25
Riboflavin	*mg*	0.20			0.17	0.40	0.53
Niacin	*mg*	3.84			3.26	7.71	10.28
Pantothenic acid	*mg*	0.38			0.33	0.77	1.03
Vitamin B-6	*mg*	0.32			0.27	0.64	0.85
Folate	*mcg*	7			6	14	19
Vitamin B-12	*mcg*	3.32			2.82	6.65	8.87
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	4.23			3.60	8.49	11.32
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.02	0.02
12:0	*g*	0.01			0.01	0.02	0.03
14:0	*g*	0.32			0.27	0.64	0.85
16:0	*g*	2.51			2.14	5.05	6.73
18:0	*g*	1.38			1.17	2.77	3.69
Monounsaturated, total	*g*	4.25			3.61	8.53	11.37
16:1	*g*	0.38			0.32	0.76	1.01
18:1	*g*	3.86			3.28	7.76	10.34
20:1	*g*	0.01			0.01	0.01	0.02
22:1	*g*						
Polyunsaturated, total	*g*	0.36			0.30	0.72	0.96
18:2	*g*	0.30			0.25	0.59	0.79
18:3	*g*	0.02			0.02	0.05	0.06
18:4	*g*						
20:4	*g*	0.04			0.03	0.08	0.11
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	77			66	155	207
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.295			0.251	0.592	0.789
Threonine	*g*	1.150			0.978	2.309	3.078
Isoleucine	*g*	1.184			1.006	2.376	3.168
Leucine	*g*	2.081			1.769	4.177	5.570
Lysine	*g*	2.191			1.862	4.397	5.863
Methionine	*g*	0.674			0.573	1.353	1.804
Cystine	*g*	0.295			0.251	0.592	0.789
Phenylalanine	*g*	1.028			0.874	2.063	2.751
Tyrosine	*g*	0.885			0.752	1.776	2.368
Valine	*g*	1.281			1.089	2.571	3.428
Arginine	*g*	1.664			1.415	3.340	4.454
Histidine	*g*	0.902			0.766	1.810	2.413
Alanine	*g*	1.588			1.350	3.188	4.251
Aspartic acid	*g*	2.406			2.045	4.836	6.438
Glutamic acid	*g*	3.956			3.363	7.940	10.587
Glycine	*g*	1.437			1.221	2.884	3.845
Proline	*g*	1.163			0.988	2.334	3.112
Serine	*g*	1.007			0.856	2.021	2.695

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 213 g[1]	Refuse: Bone 17% Separable fat 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.34			51.29	128.58	166.96
Food energy	kcal	213			181	454	590
	kJ	892			758	1,902	2,469
Protein (N x 6.25)	g	27.25			23.16	58.07	75.40
Total lipid (fat)	g	10.73			9.12	22.87	29.70
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.19			1.01	2.53	3.29
Minerals:							
Calcium	mg	10			8	21	27
Iron	mg	2.86			2.43	6.08	7.90
Magnesium	mg	25			21	53	69
Phosphorus	mg	214			182	457	593
Potassium	mg	374			318	796	1,034
Sodium	mg	72			61	154	200
Zinc	mg	6.95			5.91	14.82	19.24
Copper	mg	0.099			0.084	0.210	0.273
Manganese	mg	0.016			0.014	0.034	0.044
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.17	0.22
Riboflavin	mg	0.21			0.18	0.44	0.57
Niacin	mg	4.16			3.54	8.87	11.52
Pantothenic acid	mg	0.38			0.32	0.80	1.04
Vitamin B-6	mg	0.27			0.23	0.57	0.74
Folate	mcg	8			7	18	23
Vitamin B-12	mcg	2.90			2.47	6.19	8.03
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.26			3.62	9.08	11.79
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.02
12:0	g	0.01			0.01	0.01	0.02
14:0	g	0.32			0.28	0.69	0.90
16:0	g	2.52			2.14	5.38	6.98
18:0	g	1.40			1.19	2.98	3.87
Monounsaturated, total	g	4.53			3.85	9.66	12.54
16:1	g	0.39			0.33	0.82	1.07
18:1	g	4.14			3.52	8.81	11.44
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.32			0.28	0.69	0.90
18:2	g	0.27			0.23	0.57	0.74
18:3	g	0.03			0.02	0.06	0.08
18:4	g						
20:4	g	0.03			0.02	0.06	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	171	222
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.305			0.259	0.650	0.845
Threonine	g	1.190			1.012	2.537	3.294
Isoleucine	g	1.225			1.041	2.611	3.390
Leucine	g	2.154			1.831	4.590	5.960
Lysine	g	2.267			1.927	4.832	6.274
Methionine	g	0.698			0.593	1.487	1.930
Cystine	g	0.305			0.259	0.650	0.845
Phenylalanine	g	1.064			0.904	2.267	2.944
Tyrosine	g	0.916			0.778	1.951	2.534
Valine	g	1.325			1.127	2.825	3.668
Arginine	g	1.722			1.464	3.670	4.766
Histidine	g	0.933			0.793	1.988	2.582
Alanine	g	1.644			1.397	3.503	4.548
Aspartic acid	g	2.490			2.116	5.305	6.889
Glutamic acid	g	4.094			3.480	8.725	11.329
Glycine	g	1.487			1.264	3.168	4.114
Proline	g	1.203			1.023	2.564	3.330
Serine	g	1.042			0.886	2.221	2.883

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 197 g[1]	Refuse: Bone 19% Separable fat 23%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.35			46.19	107.06	142.99
Food energy	kcal	280			238	551	736
	kJ	1,171			996	2,307	3,081
Protein (N x 6.25)	g	26.03			22.12	51.27	68.47
Total lipid (fat)	g	18.70			15.89	36.83	49.19
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.14			0.97	2.25	3.00
Minerals:							
Calcium	mg	10			9	20	26
Iron	mg	2.52			2.14	4.96	6.62
Magnesium	mg	25			21	50	66
Phosphorus	mg	203			172	399	533
Potassium	mg	379			322	747	998
Sodium	mg	70			59	137	183
Zinc	mg	6.55			5.57	12.91	17.24
Copper	mg	0.093			0.079	0.184	0.246
Manganese	mg	0.016			0.014	0.032	0.042
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.19	0.25
Riboflavin	mg	0.21			0.18	0.41	0.54
Niacin	mg	3.78			3.21	7.44	9.93
Pantothenic acid	mg	0.38			0.32	0.75	1.00
Vitamin B-6	mg	0.35			0.30	0.69	0.93
Folate	mcg	7			6	15	19
Vitamin B-12	mcg	3.28			2.79	6.47	8.64
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.98			6.78	15.72	20.99
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.02			0.01	0.03	0.04
14:0	g	0.59			0.50	1.16	1.55
16:0	g	4.48			3.81	8.82	11.78
18:0	g	2.51			2.13	4.94	6.60
Monounsaturated, total	g	8.25			7.01	16.25	21.71
16:1	g	0.65			0.56	1.29	1.72
18:1	g	7.29			6.19	14.35	19.17
20:1	g	0.02			0.01	0.03	0.04
22:1	g						
Polyunsaturated, total	g	0.56			0.48	1.11	1.49
18:2	g	0.45			0.38	0.88	1.18
18:3	g	0.04			0.04	0.08	0.11
18:4	g						
20:4	g	0.05			0.04	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	160	214
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.291			0.248	0.574	0.767
Threonine	g	1.137			0.966	2.240	2.991
Isoleucine	g	1.170			0.995	2.305	3.079
Leucine	g	2.057			1.749	4.052	5.412
Lysine	g	2.165			1.841	4.266	5.697
Methionine	g	0.666			0.566	1.313	1.753
Cystine	g	0.291			0.248	0.574	0.767
Phenylalanine	g	1.016			0.864	2.002	2.673
Tyrosine	g	0.874			0.743	1.723	2.301
Valine	g	1.266			1.076	2.494	3.331
Arginine	g	1.645			1.398	3.240	4.328
Histidine	g	0.891			0.757	1.756	2.345
Alanine	g	1.570			1.334	3.093	4.130
Aspartic acid	g	2.378			2.021	4.684	6.256
Glutamic acid	g	3.910			3.324	7.703	10.288
Glycine	g	1.420			1.207	2.797	3.736
Proline	g	1.149			0.977	2.264	3.024
Serine	g	0.995			0.846	1.961	2.618

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, WHOLE (RIBS 6-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		**Amount in 100 grams, edible portion**			**Amount in edible portion of common measures of food**		**Amount in edible portion of 1 pound of food as purchased**
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 3 oz = 85 g	1 lb raw yield 197 g[1]	**Refuse:** Bone 20% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	53.05			45.09	103.77	134.75
Food energy	*kcal*	292			248	571	741
	kJ	1,221			1,038	2,389	3,102
Protein (N x 6.25)	*g*	27.21			23.13	53.22	69.11
Total lipid (fat)	*g*	19.46			16.54	38.07	49.43
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.08			0.92	2.12	2.75
Minerals:							
Calcium	*mg*	10			9	20	26
Iron	*mg*	2.61			2.22	5.10	6.62
Magnesium	*mg*	25			21	49	63
Phosphorus	*mg*	213			181	417	541
Potassium	*mg*	376			320	736	955
Sodium	*mg*	74			63	144	187
Zinc	*mg*	6.94			5.90	13.58	17.63
Copper	*mg*	0.098			0.084	0.193	0.250
Manganese	*mg*	0.016			0.014	0.031	0.041
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.16	0.21
Riboflavin	*mg*	0.21			0.18	0.41	0.54
Niacin	*mg*	4.11			3.50	8.05	10.45
Pantothenic acid	*mg*	0.44			0.38	0.87	1.13
Vitamin B-6	*mg*	0.30			0.26	0.60	0.77
Folate	*mcg*	9			7	17	22
Vitamin B-12	*mcg*	2.92			2.48	5.71	7.42
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	8.31			7.06	16.25	21.11
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.02	0.03
12:0	*g*	0.01			0.01	0.02	0.03
14:0	*g*	0.61			0.52	1.20	1.55
16:0	*g*	4.66			3.96	9.11	11.83
18:0	*g*	2.60			2.21	5.09	6.61
Monounsaturated, total	*g*	8.56			7.28	16.75	21.75
16:1	*g*	0.68			0.58	1.32	1.72
18:1	*g*	7.56			6.43	14.79	19.21
20:1	*g*	0.01			0.01	0.02	0.03
22:1	*g*						
Polyunsaturated, total	*g*	0.59			0.50	1.15	1.49
18:2	*g*	0.46			0.39	0.91	1.18
18:3	*g*	0.04			0.04	0.09	0.11
18:4	*g*						
20:4	*g*	0.05			0.05	0.11	0.14
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	81			69	158	205
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.305			0.259	0.596	0.774
Threonine	*g*	1.188			1.010	2.325	3.019
Isoleucine	*g*	1.223			1.040	2.393	3.107
Leucine	*g*	2.150			1.828	4.206	5.462
Lysine	*g*	2.264			1.924	4.428	5.750
Methionine	*g*	0.697			0.592	1.362	1.769
Cystine	*g*	0.305			0.259	0.596	0.774
Phenylalanine	*g*	1.062			0.903	2.078	2.698
Tyrosine	*g*	0.914			0.777	1.788	2.322
Valine	*g*	1.323			1.125	2.588	3.361
Arginine	*g*	1.720			1.462	3.363	4.368
Histidine	*g*	0.932			0.792	1.822	2.366
Alanine	*g*	1.641			1.395	3.210	4.169
Aspartic acid	*g*	2.486			2.113	4.862	6.314
Glutamic acid	*g*	4.088			3.474	7.995	10.383
Glycine	*g*	1.484			1.262	2.904	3.770
Proline	*g*	1.201			1.021	2.350	3.052
Serine	*g*	1.040			0.884	2.035	2.643

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, EYE, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Raw[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.03			263.23	16.42	252.73
Food energy	kcal	274			1,242	77	1,193
	kJ	1,146			5,200	324	4,992
Protein (N x 6.25)	g	17.51			79.42	4.96	76.25
Total lipid (fat)	g	22.07			100.11	6.25	96.11
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.85			3.85	0.24	3.70
Minerals:							
Calcium	mg	10			45	3	44
Iron	mg	1.87			8.46	0.53	8.12
Magnesium	mg	18			81	5	78
Phosphorus	mg	168			761	47	731
Potassium	mg	306			1,386	86	1,330
Sodium	mg	56			252	16	242
Zinc	mg	3.85			17.49	1.09	16.79
Copper	mg	0.060			0.270	0.017	0.259
Manganese	mg	0.012			0.056	0.003	0.053
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.37	0.02	0.36
Riboflavin	mg	0.13			0.59	0.04	0.57
Niacin	mg	3.23			14.66	0.91	14.07
Pantothenic acid	mg	0.29			1.33	0.08	1.28
Vitamin B-6	mg	0.36			1.66	0.10	1.59
Folate	mcg	5			24	2	23
Vitamin B-12	mcg	3.11			14.09	0.88	13.53
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.00			40.81	2.55	39.18
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.31	0.02	0.30
12:0	g	0.05			0.21	0.01	0.20
14:0	g	0.71			3.22	0.20	3.09
16:0	g	5.41			24.53	1.53	23.55
18:0	g	2.76			12.54	0.78	12.04
Monounsaturated, total	g	9.58			43.46	2.71	41.72
16:1	g	1.08			4.89	0.31	4.70
18:1	g	8.47			38.42	2.40	36.89
20:1	g	0.03			0.15	0.01	0.14
22:1	g						
Polyunsaturated, total	g	0.77			3.50	0.22	3.36
18:2	g	0.51			2.32	0.14	2.23
18:3	g	0.24			1.10	0.07	1.06
18:4	g						
20:4	g	0.02			0.07	0.00	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68			308	19	295
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.196			0.890	0.055	0.854
Threonine	g	0.765			3.469	0.216	3.331
Isoleucine	g	0.787			3.571	0.223	3.428
Leucine	g	1.384			6.277	0.392	6.027
Lysine	g	1.457			6.608	0.412	6.344
Methionine	g	0.448			2.033	0.127	1.952
Cystine	g	0.196			0.890	0.055	0.854
Phenylalanine	g	0.684			3.101	0.193	2.977
Tyrosine	g	0.588			2.669	0.166	2.562
Valine	g	0.852			3.863	0.241	3.709
Arginine	g	1.107			5.019	0.313	4.819
Histidine	g	0.600			2.719	0.170	2.611
Alanine	g	1.056			4.791	0.299	4.600
Aspartic acid	g	1.600			7.256	0.453	6.966
Glutamic acid	g	2.631			11.932	0.744	11.456
Glycine	g	0.955			4.333	0.270	4.160
Proline	g	0.773			3.507	0.219	3.367
Serine	g	0.670			3.037	0.189	2.916

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[1] Values based on data for beef, rib, small end (ribs 10-12).

BEEF, RIB, EYE, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 337 g[2]	Refuse: Connective tissue 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51.48			43.76	173.48	219.50
Food energy	kcal	307			261	1,035	1,309
	kJ	1,285			1,093	4,332	5,481
Protein (N x 6.25)	g	24.91			21.17	83.94	106.21
Total lipid (fat)	g	22.25			18.92	74.99	94.89
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09			0.93	3.67	4.65
Minerals:							
Calcium	mg	13			11	44	56
Iron	mg	2.30			1.95	7.74	9.80
Magnesium	mg	23			20	78	99
Phosphorus	mg	184			157	621	786
Potassium	mg	344			293	1,161	1,469
Sodium	mg	64			54	216	273
Zinc	mg	5.98			5.09	20.17	25.51
Copper	mg	0.090			0.077	0.304	0.384
Manganese	mg	0.014			0.012	0.048	0.061
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.31	0.39
Riboflavin	mg	0.19			0.16	0.65	0.82
Niacin	mg	4.22			3.58	14.21	17.98
Pantothenic acid	mg	0.31			0.26	1.03	1.31
Vitamin B-6	mg	0.35			0.30	1.19	1.51
Folate	mcg	7			6	24	30
Vitamin B-12	mcg	3.01			2.56	10.16	12.85
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.01			7.66	30.35	38.40
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.19	0.24
12:0	g	0.05			0.05	0.18	0.23
14:0	g	0.72			0.61	2.43	3.08
16:0	g	5.49			4.67	18.51	23.42
18:0	g	2.68			2.28	9.04	11.43
Monounsaturated, total	g	9.53			8.10	32.11	40.63
16:1	g	0.89			0.76	3.00	3.80
18:1	g	8.61			7.32	29.01	36.70
20:1	g	0.03			0.03	0.10	0.13
22:1	g						
Polyunsaturated, total	g	0.75			0.64	2.54	3.21
18:2	g	0.52			0.44	1.76	2.23
18:3	g	0.20			0.17	0.69	0.87
18:4	g						
20:4	g	0.03			0.02	0.09	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			70	279	353
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.279			0.237	0.940	1.190
Threonine	g	1.088			0.925	3.666	4.639
Isoleucine	g	1.120			0.952	3.774	4.775
Leucine	g	1.969			1.673	6.635	8.395
Lysine	g	2.072			1.761	6.984	8.836
Methionine	g	0.638			0.542	2.149	2.719
Cystine	g	0.279			0.237	0.940	1.190
Phenylalanine	g	0.972			0.827	3.277	4.146
Tyrosine	g	0.837			0.711	2.820	3.569
Valine	g	1.212			1.030	4.083	5.166
Arginine	g	1.574			1.338	5.305	6.712
Histidine	g	0.853			0.725	2.874	3.637
Alanine	g	1.502			1.277	5.063	6.406
Aspartic acid	g	2.276			1.934	7.669	9.703
Glutamic acid	g	3.742			3.181	12.611	15.956
Glycine	g	1.359			1.155	4.580	5.795
Proline	g	1.100			0.935	3.707	4.690
Serine	g	0.952			0.810	3.210	4.061

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[1] Values based on data for beef, rib, small end (ribs 10-12).

[2] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, EYE, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, broiled[1]

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 276 g[2]	Refuse: Connective tissue 6% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.70			49.89	162.01	205.04
Food energy	kcal	225			191	622	787
	kJ	943			801	2,602	3,294
Protein (N x 6.25)	g	28.04			23.83	77.38	97.93
Total lipid (fat)	g	11.70			9.94	32.29	40.87
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.05	3.39	4.30
Minerals:							
Calcium	mg	13			11	36	45
Iron	mg	2.57			2.18	7.09	8.98
Magnesium	mg	27			23	75	94
Phosphorus	mg	208			177	574	727
Potassium	mg	394			335	1,087	1,376
Sodium	mg	69			59	190	241
Zinc	mg	6.99			5.94	19.29	24.42
Copper	mg	0.100			0.085	0.276	0.349
Manganese	mg	0.016			0.014	0.044	0.056
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.09	0.29	0.37
Riboflavin	mg	0.22			0.18	0.60	0.75
Niacin	mg	4.80			4.08	13.25	16.77
Pantothenic acid	mg	0.34			0.29	0.94	1.19
Vitamin B-6	mg	0.40			0.34	1.10	1.40
Folate	mcg	8			7	22	28
Vitamin B-12	mcg	3.32			2.82	9.16	11.60
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.73			4.02	13.05	16.51
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.03	0.04
12:0	g	0.01			0.01	0.03	0.04
14:0	g	0.37			0.31	1.01	1.28
16:0	g	2.80			2.38	7.72	9.77
18:0	g	1.54			1.31	4.26	5.39
Monounsaturated, total	g	4.94			4.20	13.62	17.24
16:1	g	0.40			0.34	1.09	1.39
18:1	g	4.54			3.86	12.53	15.85
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.33			0.28	0.92	1.17
18:2	g	0.28			0.24	0.78	0.98
18:3	g	0.02			0.02	0.06	0.07
18:4	g						
20:4	g	0.03			0.03	0.09	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	221	279
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.867	1.097
Threonine	g	1.225			1.041	3.380	4.278
Isoleucine	g	1.261			1.071	3.479	4.403
Leucine	g	2.216			1.884	6.116	7.741
Lysine	g	2.333			1.983	6.438	8.148
Methionine	g	0.718			0.610	1.981	2.507
Cystine	g	0.314			0.267	0.867	1.097
Phenylalanine	g	1.095			0.930	3.021	3.823
Tyrosine	g	0.942			0.801	2.600	3.291
Valine	g	1.364			1.159	3.764	4.764
Arginine	g	1.772			1.506	4.891	6.189
Histidine	g	0.960			0.816	2.650	3.353
Alanine	g	1.691			1.438	4.668	5.907
Aspartic acid	g	2.561			2.177	7.070	8.947
Glutamic acid	g	4.212			3.580	11.626	14.714
Glycine	g	1.530			1.300	4.222	5.343
Proline	g	1.238			1.052	3.417	4.325
Serine	g	1.072			0.911	2.959	3.745

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[1] Values based on data for beef, rib, small end (ribs 10-12).

[2] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.81			244.06	15.25	205.00
Food energy	kcal	323			1,465	92	1,230
	kJ	1,352			6,132	383	5,151
Protein (N x 6.25)	g	16.09			72.99	4.56	61.31
Total lipid (fat)	g	28.19			127.85	7.99	107.39
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.75			3.40	0.21	2.85
Minerals:							
Calcium	mg	8			36	2	30
Iron	mg	1.69			7.66	0.48	6.43
Magnesium	mg	15			70	4	59
Phosphorus	mg	151			684	43	575
Potassium	mg	256			1,160	73	974
Sodium	mg	55			247	15	208
Zinc	mg	3.69			16.74	1.05	14.06
Copper	mg	0.059			0.265	0.017	0.223
Manganese	mg	0.012			0.052	0.003	0.044
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.35	0.02	0.30
Riboflavin	mg	0.13			0.60	0.04	0.51
Niacin	mg	2.58			11.71	0.73	9.83
Pantothenic acid	mg	0.32			1.46	0.09	1.23
Vitamin B-6	mg	0.29			1.30	0.08	1.09
Folate	mcg	5			23	1	19
Vitamin B-12	mcg	2.68			12.16	0.76	10.22
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.66			52.89	3.31	44.43
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10			0.47	0.03	0.39
12:0	g	0.07			0.32	0.02	0.27
14:0	g	0.93			4.22	0.26	3.54
16:0	g	7.01			31.78	1.99	26.69
18:0	g	3.55			16.11	1.01	13.53
Monounsaturated, total	g	12.08			54.81	3.43	46.04
16:1	g	1.44			6.55	0.41	5.50
18:1	g	10.60			48.08	3.00	40.38
20:1	g	0.04			0.18	0.01	0.15
22:1	g						
Polyunsaturated, total	g	1.03			4.66	0.29	3.92
18:2	g	0.65			2.95	0.18	2.48
18:3	g	0.35			1.59	0.10	1.34
18:4	g						
20:4	g	0.03			0.12	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			324	20	272
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.180			0.817	0.051	0.687
Threonine	g	0.703			3.188	0.199	2.678
Isoleucine	g	0.723			3.282	0.205	2.756
Leucine	g	1.272			5.769	0.361	4.846
Lysine	g	1.339			6.073	0.380	5.101
Methionine	g	0.412			1.869	0.117	1.569
Cystine	g	0.180			0.817	0.051	0.687
Phenylalanine	g	0.628			2.850	0.178	2.393
Tyrosine	g	0.541			2.452	0.153	2.060
Valine	g	0.783			3.550	0.222	2.982
Arginine	g	1.017			4.613	0.288	3.875
Histidine	g	0.551			2.499	0.156	2.099
Alanine	g	0.971			4.403	0.275	3.698
Aspartic acid	g	1.470			6.668	0.417	5.601
Glutamic acid	g	2.418			10.966	0.685	9.211
Glycine	g	0.878			3.982	0.249	3.345
Proline	g	0.711			3.223	0.201	2.707
Serine	g	0.615			2.791	0.174	2.344

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 269 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.90			40.71	128.85	171.62
Food energy	kcal	347			295	934	1,244
	kJ	1,453			1,235	3,909	5,206
Protein (N x 6.25)	g	21.25			18.06	57.16	76.13
Total lipid (fat)	g	28.42			24.16	76.46	101.84
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.02			0.87	2.74	3.65
Minerals:							
Calcium	mg	10			9	28	37
Iron	mg	2.16			1.84	5.82	7.75
Magnesium	mg	18			16	49	66
Phosphorus	mg	179			152	481	641
Potassium	mg	303			258	816	1,087
Sodium	mg	64			54	171	228
Zinc	mg	4.96			4.22	13.35	17.79
Copper	mg	0.078			0.066	0.209	0.278
Manganese	mg	0.013			0.011	0.035	0.047
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.25
Riboflavin	mg	0.16			0.14	0.43	0.57
Niacin	mg	2.74			2.33	7.38	9.83
Pantothenic acid	mg	0.34			0.29	0.92	1.23
Vitamin B-6	mg	0.23			0.19	0.62	0.82
Folate	mcg	6			5	15	20
Vitamin B-12	mcg	2.86			2.43	7.68	10.23
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.55			9.82	31.07	41.38
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.07	0.23	0.31
12:0	g	0.08			0.07	0.21	0.28
14:0	g	0.92			0.79	2.49	3.31
16:0	g	7.10			6.03	19.10	25.43
18:0	g	3.36			2.86	9.04	12.04
Monounsaturated, total	g	12.04			10.24	32.40	43.15
16:1	g	1.23			1.05	3.31	4.41
18:1	g	10.76			9.14	28.94	38.54
20:1	g	0.06			0.05	0.15	0.20
22:1	g						
Polyunsaturated, total	g	1.07			0.91	2.88	3.84
18:2	g	0.71			0.61	1.92	2.56
18:3	g	0.32			0.27	0.87	1.16
18:4	g						
20:4	g	0.04			0.03	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	218	290
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.238			0.202	0.640	0.853
Threonine	g	0.928			0.789	2.497	3.325
Isoleucine	g	0.955			0.812	2.570	3.423
Leucine	g	1.679			1.428	4.518	6.018
Lysine	g	1.768			1.503	4.756	6.334
Methionine	g	0.544			0.462	1.463	1.949
Cystine	g	0.238			0.202	0.640	0.853
Phenylalanine	g	0.830			0.705	2.231	2.972
Tyrosine	g	0.714			0.607	1.921	2.558
Valine	g	1.034			0.878	2.780	3.703
Arginine	g	1.343			1.141	3.612	4.812
Histidine	g	0.728			0.618	1.957	2.607
Alanine	g	1.282			1.089	3.448	4.592
Aspartic acid	g	1.941			1.650	5.222	6.955
Glutamic acid	g	3.192			2.713	8.587	11.438
Glycine	g	1.159			0.985	3.119	4.154
Proline	g	0.938			0.798	2.524	3.362
Serine	g	0.813			0.691	2.186	2.911

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 293 g[1]	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.85			39.82	137.28	178.51
Food energy	kcal	365			310	1,070	1,391
	kJ	1,529			1,299	4,479	5,824
Protein (N x 6.25)	g	22.64			19.24	66.32	86.24
Total lipid (fat)	g	29.77			25.30	87.22	113.41
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.90			0.76	2.63	3.42
Minerals:							
Calcium	mg	10			8	29	37
Iron	mg	2.31			1.96	6.77	8.80
Magnesium	mg	19			17	57	74
Phosphorus	mg	170			145	499	649
Potassium	mg	288			245	844	1,097
Sodium	mg	64			54	187	243
Zinc	mg	5.70			4.85	16.71	21.73
Copper	mg	0.088			0.074	0.257	0.334
Manganese	mg	0.013			0.011	0.039	0.051
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.21	0.27
Riboflavin	mg	0.18			0.16	0.54	0.70
Niacin	mg	3.61			3.07	10.57	13.75
Pantothenic acid	mg	0.36			0.31	1.06	1.38
Vitamin B-6	mg	0.23			0.19	0.66	0.86
Folate	mcg	7			6	21	28
Vitamin B-12	mcg	2.32			1.97	6.81	8.85
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12.01			10.21	35.19	45.75
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.07	0.25	0.32
12:0	g	0.08			0.07	0.23	0.30
14:0	g	0.97			0.82	2.84	3.70
16:0	g	7.35			6.25	21.55	28.02
18:0	g	3.52			2.99	10.32	13.41
Monounsaturated, total	g	12.75			10.84	37.35	48.57
16:1	g	1.24			1.05	3.63	4.72
18:1	g	11.45			9.74	33.56	43.64
20:1	g	0.06			0.05	0.16	0.21
22:1	g						
Polyunsaturated, total	g	1.04			0.88	3.05	3.96
18:2	g	0.69			0.59	2.03	2.63
18:3	g	0.32			0.27	0.94	1.23
18:4	g						
20:4	g	0.03			0.02	0.08	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	249	324
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.254			0.215	0.743	0.966
Threonine	g	0.989			0.840	2.897	3.767
Isoleucine	g	1.018			0.865	2.982	3.877
Leucine	g	1.789			1.521	5.242	6.817
Lysine	g	1.883			1.601	5.518	7.175
Methionine	g	0.579			0.493	1.698	2.208
Cystine	g	0.254			0.215	0.743	0.966
Phenylalanine	g	0.884			0.751	2.589	3.367
Tyrosine	g	0.761			0.646	2.228	2.898
Valine	g	1.101			0.936	3.226	4.195
Arginine	g	1.431			1.216	4.192	5.450
Histidine	g	0.775			0.659	2.271	2.953
Alanine	g	1.365			1.161	4.001	5.202
Aspartic acid	g	2.068			1.758	6.059	7.879
Glutamic acid	g	3.401			2.891	9.964	12.957
Glycine	g	1.235			1.050	3.619	4.705
Proline	g	1.000			0.850	2.929	3.808
Serine	g	0.866			0.736	2.536	3.298

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 290 g[1]	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	47.68			40.53	138.26	181.65
Food energy	*kcal*	353			300	1,024	1,346
	kJ	1,479			1,257	4,288	5,633
Protein (N x 6.25)	*g*	23.14			19.67	67.11	88.17
Total lipid (fat)	*g*	28.20			23.97	81.79	107.45
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.92			0.78	2.66	3.49
Minerals:							
Calcium	*mg*	10			8	28	36
Iron	*mg*	2.36			2.01	6.85	9.00
Magnesium	*mg*	20			17	58	76
Phosphorus	*mg*	174			148	506	665
Potassium	*mg*	295			251	856	1,124
Sodium	*mg*	65			55	188	246
Zinc	*mg*	5.88			5.00	17.06	22.42
Copper	*mg*	0.089			0.076	0.259	0.341
Manganese	*mg*	0.014			0.012	0.040	0.052
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.21	0.28
Riboflavin	*mg*	0.19			0.16	0.54	0.72
Niacin	*mg*	3.70			3.14	10.72	14.08
Pantothenic acid	*mg*	0.37			0.32	1.08	1.41
Vitamin B-6	*mg*	0.23			0.19	0.66	0.87
Folate	*mcg*	7			6	22	28
Vitamin B-12	*mcg*	2.35			2.00	6.82	8.96
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	11.37			9.67	32.98	43.32
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.08			0.07	0.22	0.29
12:0	*g*	0.07			0.06	0.21	0.27
14:0	*g*	0.92			0.78	2.66	3.49
16:0	*g*	6.95			5.91	20.15	26.47
18:0	*g*	3.36			2.85	9.73	12.79
Monounsaturated, total	*g*	12.06			10.25	34.98	45.96
16:1	*g*	1.16			0.99	3.38	4.44
18:1	*g*	10.85			9.22	31.46	41.33
20:1	*g*	0.05			0.04	0.15	0.20
22:1	*g*						
Polyunsaturated, total	*g*	0.98			0.83	2.83	3.72
18:2	*g*	0.66			0.56	1.90	2.50
18:3	*g*	0.29			0.25	0.85	1.11
18:4	*g*						
20:4	*g*	0.03			0.02	0.08	0.11
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	85			72	245	322
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.259			0.220	0.752	0.988
Threonine	*g*	1.011			0.859	2.931	3.851
Isoleucine	*g*	1.040			0.884	3.017	3.964
Leucine	*g*	1.829			1.555	5.305	6.969
Lysine	*g*	1.925			1.637	5.584	7.336
Methionine	*g*	0.592			0.504	1.718	2.257
Cystine	*g*	0.259			0.220	0.752	0.988
Phenylalanine	*g*	0.903			0.768	2.620	3.442
Tyrosine	*g*	0.778			0.661	2.255	2.963
Valine	*g*	1.126			0.957	3.264	4.289
Arginine	*g*	1.463			1.243	4.241	5.572
Histidine	*g*	0.792			0.674	2.298	3.019
Alanine	*g*	1.396			1.187	4.048	5.318
Aspartic acid	*g*	2.114			1.797	6.131	8.055
Glutamic acid	*g*	3.477			2.955	10.083	13.247
Glycine	*g*	1.263			1.073	3.662	4.811
Proline	*g*	1.022			0.869	2.964	3.894
Serine	*g*	0.885			0.752	2.566	3.372

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51.82			235.04	14.69	197.42
Food energy	kcal	345			1,567	98	1,316
	kJ	1,446			6,558	410	5,508
Protein (N x 6.25)	g	15.75			71.44	4.46	60.00
Total lipid (fat)	g	30.83			139.87	8.74	117.48
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.73			3.31	0.21	2.78
Minerals:							
Calcium	mg	8			36	2	31
Iron	mg	1.65			7.47	0.47	6.28
Magnesium	mg	15			67	4	57
Phosphorus	mg	147			668	42	561
Potassium	mg	247			1,123	70	943
Sodium	mg	53			242	15	204
Zinc	mg	3.57			16.21	1.01	13.62
Copper	mg	0.057			0.260	0.016	0.219
Manganese	mg	0.011			0.051	0.003	0.043
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.35	0.02	0.29
Riboflavin	mg	0.13			0.59	0.04	0.50
Niacin	mg	2.53			11.48	0.72	9.64
Pantothenic acid	mg	0.31			1.42	0.09	1.19
Vitamin B-6	mg	0.28			1.29	0.08	1.08
Folate	mcg	5			23	1	19
Vitamin B-12	mcg	2.63			11.92	0.75	10.01
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12.76			57.86	3.62	48.60
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.11			0.51	0.03	0.43
12:0	g	0.08			0.36	0.02	0.30
14:0	g	1.02			4.61	0.29	3.88
16:0	g	7.66			34.77	2.17	29.20
18:0	g	3.88			17.62	1.10	14.80
Monounsaturated, total	g	13.22			59.97	3.75	50.37
16:1	g	1.58			7.17	0.45	6.02
18:1	g	11.60			52.60	3.29	44.18
20:1	g	0.04			0.20	0.01	0.17
22:1	g						
Polyunsaturated, total	g	1.12			5.10	0.32	4.28
18:2	g	0.71			3.23	0.20	2.71
18:3	g	0.38			1.75	0.11	1.47
18:4	g						
20:4	g	0.03			0.13	0.01	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			329	21	277
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.176			0.800	0.050	0.672
Threonine	g	0.688			3.120	0.195	2.621
Isoleucine	g	0.708			3.212	0.201	2.698
Leucine	g	1.245			5.646	0.353	4.743
Lysine	g	1.310			5.944	0.371	4.992
Methionine	g	0.403			1.829	0.114	1.536
Cystine	g	0.176			0.800	0.050	0.672
Phenylalanine	g	0.615			2.789	0.174	2.343
Tyrosine	g	0.529			2.400	0.150	2.016
Valine	g	0.766			3.475	0.217	2.919
Arginine	g	0.995			4.515	0.282	3.792
Histidine	g	0.539			2.446	0.153	2.055
Alanine	g	0.950			4.309	0.269	3.619
Aspartic acid	g	1.439			6.526	0.408	5.482
Glutamic acid	g	2.366			10.733	0.671	9.015
Glycine	g	0.859			3.898	0.244	3.274
Proline	g	0.695			3.155	0.197	2.650
Serine	g	0.602			2.732	0.171	2.295

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 269 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.24			39.30	124.38	165.67
Food energy	kcal	367			312	988	1,316
	kJ	1,537			1,307	4,136	5,508
Protein (N x 6.25)	g	20.96			17.81	56.38	75.09
Total lipid (fat)	g	30.79			26.18	82.84	110.34
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.00			0.85	2.70	3.60
Minerals:							
Calcium	mg	10			9	28	37
Iron	mg	2.13			1.81	5.74	7.64
Magnesium	mg	18			15	48	64
Phosphorus	mg	176			150	474	631
Potassium	mg	298			254	803	1,069
Sodium	mg	63			54	169	226
Zinc	mg	4.87			4.14	13.09	17.44
Copper	mg	0.077			0.065	0.207	0.275
Manganese	mg	0.013			0.011	0.035	0.046
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.25
Riboflavin	mg	0.16			0.13	0.43	0.57
Niacin	mg	2.71			2.30	7.29	9.71
Pantothenic acid	mg	0.34			0.29	0.91	1.21
Vitamin B-6	mg	0.23			0.19	0.61	0.81
Folate	mcg	6			5	15	20
Vitamin B-12	mcg	2.82			2.40	7.59	10.11
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12.51			10.64	33.66	44.83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.08	0.25	0.33
12:0	g	0.09			0.07	0.23	0.31
14:0	g	1.00			0.85	2.69	3.59
16:0	g	7.69			6.54	20.68	27.55
18:0	g	3.64			3.10	9.80	13.06
Monounsaturated, total	g	13.04			11.09	35.09	46.73
16:1	g	1.33			1.13	3.58	4.77
18:1	g	11.65			9.90	31.34	41.75
20:1	g	0.06			0.05	0.16	0.22
22:1	g						
Polyunsaturated, total	g	1.16			0.99	3.13	4.16
18:2	g	0.78			0.66	2.09	2.78
18:3	g	0.35			0.30	0.94	1.25
18:4	g						
20:4	g	0.04			0.03	0.10	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	219	291
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.235			0.200	0.631	0.841
Threonine	g	0.915			0.778	2.463	3.280
Isoleucine	g	0.942			0.801	2.535	3.376
Leucine	g	1.657			1.408	4.456	5.935
Lysine	g	1.744			1.482	4.691	6.248
Methionine	g	0.537			0.456	1.443	1.922
Cystine	g	0.235			0.200	0.631	0.841
Phenylalanine	g	0.818			0.695	2.201	2.932
Tyrosine	g	0.704			0.599	1.894	2.523
Valine	g	1.019			0.866	2.742	3.652
Arginine	g	1.325			1.126	3.563	4.746
Histidine	g	0.718			0.610	1.930	2.571
Alanine	g	1.264			1.075	3.401	4.530
Aspartic acid	g	1.915			1.628	5.151	6.860
Glutamic acid	g	3.149			2.676	8.470	11.282
Glycine	g	1.143			0.972	3.076	4.097
Proline	g	0.926			0.787	2.490	3.316
Serine	g	0.801			0.681	2.156	2.872

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 297 g[1]	Refuse: Bone 15%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water ... g	45.43			38.62	134.94	175.20
Food energy ... kcal	383			326	1,139	1,478
... kJ	1,605			1,364	4,766	6,188
Protein (N x 6.25) ... g	22.30			18.95	66.23	85.98
Total lipid (fat) ... g	31.95			27.15	94.88	123.18
Carbohydrate, total ... g	0.00			0.00	0.00	0.00
Crude fiber ... g	0.00			0.00	0.00	0.00
Ash ... g	0.88			0.75	2.63	3.41
Minerals:						
Calcium ... mg	10			8	29	38
Iron ... mg	2.27			1.93	6.75	8.77
Magnesium ... mg	19			16	57	74
Phosphorus ... mg	168			143	496	647
Potassium ... mg	283			241	841	1,092
Sodium ... mg	63			54	187	243
Zinc ... mg	5.58			4.74	16.58	21.52
Copper ... mg	0.086			0.073	0.257	0.333
Manganese ... mg	0.013			0.011	0.039	0.051
Vitamins:						
Ascorbic acid ... mg	0			0	0	0
Thiamin ... mg	0.07			0.06	0.21	0.27
Riboflavin ... mg	0.18			0.15	0.54	0.70
Niacin ... mg	3.55			3.02	10.55	13.69
Pantothenic acid ... mg	0.36			0.30	1.06	1.3
Vitamin B-6 ... mg	0.22			0.19	0.66	0.86
Folate ... mcg	7			6	21	28
Vitamin B-12 ... mcg	2.30			1.96	6.84	8.88
Vitamin A ... RE	0			0	0	0
... IU	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total ... g	12.89			10.95	38.27	49.69
4:0 ... g						
6:0 ... g						
8:0 ... g						
10:0 ... g	0.09			0.08	0.27	0.35
12:0 ... g	0.08			0.07	0.25	0.33
14:0 ... g	1.04			0.88	3.09	4.01
16:0 ... g	7.89			6.71	23.43	30.43
18:0 ... g	3.78			3.21	11.23	14.58
Monounsaturated, total ... g	13.68			11.63	40.63	52.75
16:1 ... g	1.33			1.13	3.95	5.13
18:1 ... g	12.29			10.45	36.50	47.39
20:1 ... g	0.06			0.05	0.18	0.23
22:1 ... g						
Polyunsaturated, total ... g	1.12			0.95	3.31	4.30
18:2 ... g	0.74			0.63	2.20	2.86
18:3 ... g	0.34			0.29	1.02	1.33
18:4 ... g						
20:4 ... g	0.03			0.02	0.09	0.11
20:5 ... g						
22:5 ... g						
22:6 ... g						
Cholesterol ... mg	85			73	253	329
Phytosterols ... mg						
Amino acids:						
Tryptophan ... g	0.250			0.212	0.742	0.963
Threonine ... g	0.974			0.828	2.893	3.756
Isoleucine ... g	1.003			0.852	2.977	3.866
Leucine ... g	1.762			1.498	5.234	6.796
Lysine ... g	1.855			1.577	5.510	7.154
Methionine ... g	0.571			0.485	1.695	2.201
Cystine ... g	0.250			0.212	0.742	0.963
Phenylalanine ... g	0.871			0.740	2.585	3.357
Tyrosine ... g	0.749			0.637	2.225	2.889
Valine ... g	1.085			0.922	3.221	4.182
Arginine ... g	1.409			1.198	4.185	5.434
Histidine ... g	0.763			0.649	2.268	2.944
Alanine ... g	1.345			1.143	3.995	5.186
Aspartic acid ... g	2.037			1.732	6.050	7.855
Glutamic acid ... g	3.350			2.848	9.950	12.918
Glycine ... g	1.217			1.034	3.613	4.691
Proline ... g	0.985			0.837	2.925	3.797
Serine ... g	0.853			0.725	2.532	3.288

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 290 g[1]	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.10			39.18	133.69	175.63
Food energy	kcal	372			317	1,080	1,419
	kJ	1,559			1,325	4,521	5,940
Protein (N x 6.25)	g	22.80			19.38	66.13	86.88
Total lipid (fat)	g	30.49			25.92	88.43	116.18
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.90			0.77	2.62	3.44
Minerals:							
Calcium	mg	10			8	28	37
Iron	mg	2.33			1.98	6.75	8.87
Magnesium	mg	20			17	57	75
Phosphorus	mg	172			146	498	654
Potassium	mg	290			247	842	1,106
Sodium	mg	64			54	186	244
Zinc	mg	5.76			4.90	16.71	21.96
Copper	mg	0.088			0.075	0.256	0.336
Manganese	mg	0.013			0.011	0.039	0.051
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.21	0.27
Riboflavin	mg	0.19			0.16	0.54	0.71
Niacin	mg	3.64			3.09	10.56	13.86
Pantothenic acid	mg	0.37			0.31	1.06	1.39
Vitamin B-6	mg	0.23			0.19	0.66	0.86
Folate	mcg	7			6	21	28
Vitamin B-12	mcg	2.33			1.98	6.77	8.89
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12.29			10.45	35.65	46.84
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.07	0.24	0.32
12:0	g	0.08			0.07	0.23	0.30
14:0	g	0.99			0.84	2.87	3.77
16:0	g	7.51			6.38	21.78	28.62
18:0	g	3.63			3.09	10.53	13.83
Monounsaturated, total	g	13.04			11.09	37.82	49.69
16:1	g	1.26			1.07	3.65	4.79
18:1	g	11.73			9.97	34.01	44.68
20:1	g	0.06			0.05	0.16	0.21
22:1	g						
Polyunsaturated, total	g	1.05			0.90	3.06	4.02
18:2	g	0.71			0.60	2.06	2.70
18:3	g	0.31			0.27	0.91	1.20
18:4	g						
20:4	g	0.03			0.03	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	246	324
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.255			0.217	0.741	0.973
Threonine	g	0.996			0.847	2.889	3.795
Isoleucine	g	1.025			0.871	2.973	3.906
Leucine	g	1.802			1.532	5.227	6.867
Lysine	g	1.897			1.613	5.502	7.229
Methionine	g	0.584			0.496	1.693	2.224
Cystine	g	0.255			0.217	0.741	0.973
Phenylalanine	g	0.890			0.757	2.582	3.392
Tyrosine	g	0.766			0.651	2.222	2.919
Valine	g	1.109			0.943	3.217	4.226
Arginine	g	1.441			1.225	4.180	5.491
Histidine	g	0.781			0.664	2.264	2.975
Alanine	g	1.376			1.169	3.989	5.241
Aspartic acid	g	2.083			1.771	6.042	7.938
Glutamic acid	g	3.426			2.912	9.936	13.054
Glycine	g	1.244			1.058	3.608	4.740
Proline	g	1.007			0.856	2.920	3.837
Serine	g	0.872			0.741	2.529	3.322

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS, 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.49			251.70	15.73	211.42
Food energy	kcal	304			1,378	86	1,157
	kJ	1,272			5,768	361	4,845
Protein (N x 6.25)	g	16.32			74.03	4.63	62.18
Total lipid (fat)	g	25.95			117.73	7.36	98.88
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.76			3.46	0.22	2.91
Minerals:							
Calcium	mg	8			36	2	30
Iron	mg	1.72			7.78	0.49	6.54
Magnesium	mg	16			72	4	60
Phosphorus	mg	153			695	43	584
Potassium	mg	261			1,185	74	995
Sodium	mg	55			251	16	211
Zinc	mg	3.77			17.10	1.07	14.36
Copper	mg	0.059			0.268	0.017	0.226
Manganese	mg	0.012			0.053	0.003	0.045
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.36	0.02	0.30
Riboflavin	mg	0.13			0.61	0.04	0.51
Niacin	mg	2.61			11.86	0.74	9.96
Pantothenic acid	mg	0.33			1.48	0.09	1.25
Vitamin B-6	mg	0.29			1.32	0.08	1.11
Folate	mcg	5			23	1	20
Vitamin B-12	mcg	2.72			12.32	0.77	10.35
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.74			48.71	3.04	40.92
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10			0.43	0.03	0.36
12:0	g	0.07			0.30	0.02	0.25
14:0	g	0.86			3.89	0.24	3.27
16:0	g	6.45			29.27	1.83	24.59
18:0	g	3.27			14.82	0.93	12.45
Monounsaturated, total	g	11.14			50.52	3.16	42.43
16:1	g	1.33			6.05	0.38	5.08
18:1	g	9.77			44.30	2.77	37.21
20:1	g	0.04			0.17	0.01	0.14
22:1	g						
Polyunsaturated, total	g	0.95			4.29	0.27	3.60
18:2	g	0.60			2.70	0.17	2.27
18:3	g	0.33			1.46	0.09	1.25
18:4	g						
20:4	g	0.02			0.10	0.01	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			320	20	269
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.183			0.829	0.052	0.696
Threonine	g	0.713			3.233	0.202	2.716
Isoleucine	g	0.734			3.328	0.208	2.796
Leucine	g	1.290			5.851	0.366	4.915
Lysine	g	1.358			6.159	0.385	5.173
Methionine	g	0.418			1.895	0.118	1.592
Cystine	g	0.183			0.829	0.052	0.696
Phenylalanine	g	0.637			2.890	0.181	2.427
Tyrosine	g	0.548			2.487	0.155	2.089
Valine	g	0.794			3.601	0.225	3.024
Arginine	g	1.031			4.678	0.292	3.930
Histidine	g	0.559			2.535	0.158	2.129
Alanine	g	0.984			4.465	0.279	3.751
Aspartic acid	g	1.491			6.763	0.423	5.681
Glutamic acid	g	2.452			11.122	0.695	9.342
Glycine	g	0.890			4.039	0.252	3.392
Proline	g	0.721			3.269	0.204	2.746
Serine	g	0.624			2.831	0.177	2.378

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 269 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50.21			42.68	135.07	179.90
Food energy	kcal	324			276	873	1,162
	kJ	1,358			1,154	3,653	4,865
Protein (N x 6.25)	g	21.54			18.31	57.94	77.17
Total lipid (fat)	g	25.77			21.90	69.31	92.32
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04			0.88	2.79	3.71
Minerals:							
Calcium	mg	10			9	28	37
Iron	mg	2.19			1.86	5.90	7.86
Magnesium	mg	19			16	50	67
Phosphorus	mg	182			154	489	651
Potassium	mg	308			262	830	1,105
Sodium	mg	64			55	173	230
Zinc	mg	5.06			4.30	13.62	18.14
Copper	mg	0.079			0.067	0.211	0.281
Manganese	mg	0.013			0.011	0.035	0.047
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.26
Riboflavin	mg	0.16			0.14	0.44	0.58
Niacin	mg	2.78			2.36	7.47	9.95
Pantothenic acid	mg	0.35			0.30	0.94	1.25
Vitamin B-6	mg	0.23			0.20	0.62	0.83
Folate	mcg	6			5	15	20
Vitamin B-12	mcg	2.89			2.46	7.77	10.35
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.46			8.89	28.13	37.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.20	0.27
12:0	g	0.07			0.06	0.19	0.25
14:0	g	0.83			0.71	2.25	2.99
16:0	g	6.43			5.46	17.29	23.04
18:0	g	3.05			2.59	8.20	10.93
Monounsaturated, total	g	10.88			9.25	29.27	38.99
16:1	g	1.09			0.93	2.95	3.92
18:1	g	9.74			8.28	26.19	34.88
20:1	g	0.05			0.04	0.14	0.18
22:1	g						
Polyunsaturated, total	g	0.97			0.83	2.62	3.49
18:2	g	0.66			0.56	1.77	2.36
18:3	g	0.28			0.24	0.75	1.00
18:4	g						
20:4	g	0.04			0.03	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	216	288
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.241			0.205	0.649	0.864
Threonine	g	0.941			0.800	2.531	3.371
Isoleucine	g	0.968			0.823	2.605	3.470
Leucine	g	1.702			1.447	4.579	6.100
Lysine	g	1.792			1.523	4.821	6.421
Methionine	g	0.551			0.469	1.483	1.976
Cystine	g	0.241			0.205	0.649	0.864
Phenylalanine	g	0.841			0.715	2.262	3.013
Tyrosine	g	0.724			0.615	1.947	2.593
Valine	g	1.048			0.890	2.818	3.754
Arginine	g	1.361			1.157	3.662	4.877
Histidine	g	0.737			0.627	1.984	2.642
Alanine	g	1.299			1.104	3.495	4.655
Aspartic acid	g	1.968			1.673	5.293	7.051
Glutamic acid	g	3.236			2.751	8.705	11.594
Glycine	g	1.175			0.999	3.161	4.211
Proline	g	0.951			0.808	2.559	3.408
Serine	g	0.824			0.700	2.216	2.951

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 293 g[1]	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.79			41.47	142.94	185.88
Food energy	kcal	340			289	996	1,295
	kJ	1,423			1,209	4,168	5,420
Protein (N x 6.25)	g	23.14			19.67	67.81	88.17
Total lipid (fat)	g	26.72			22.71	78.29	101.81
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.92			0.78	2.68	3.49
Minerals:							
Calcium	mg	10			8	28	36
Iron	mg	2.36			2.01	6.92	9.00
Magnesium	mg	20			17	59	76
Phosphorus	mg	174			148	511	665
Potassium	mg	295			251	865	1,124
Sodium	mg	65			55	190	246
Zinc	mg	5.88			5.00	17.24	22.42
Copper	mg	0.089			0.076	0.262	0.341
Manganese	mg	0.014			0.012	0.040	0.052
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.21	0.28
Riboflavin	mg	0.19			0.16	0.55	0.72
Niacin	mg	3.70			3.14	10.83	14.08
Pantothenic acid	mg	0.37			0.32	1.09	1.41
Vitamin B-6	mg	0.23			0.19	0.67	0.87
Folate	mcg	7			6	22	28
Vitamin B-12	mcg	2.35			2.00	6.89	8.96
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.78			9.16	31.59	41.07
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.06	0.22	0.29
12:0	g	0.07			0.06	0.21	0.27
14:0	g	0.87			0.74	2.55	3.32
16:0	g	6.60			5.61	19.34	25.15
18:0	g	3.16			2.69	9.26	12.04
Monounsaturated, total	g	11.44			9.73	33.53	43.60
16:1	g	1.11			0.95	3.26	4.24
18:1	g	10.26			8.74	30.12	39.17
20:1	g	0.05			0.04	0.15	0.19
22:1	g						
Polyunsaturated, total	g	0.93			0.79	2.73	3.56
18:2	g	0.62			0.53	1.82	2.36
18:3	g	0.29			0.25	0.55	1.10
18:4	g						
20:4	g	0.02			0.02	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	248	322
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.259			0.220	0.759	0.988
Threonine	g	1.011			0.859	2.962	3.851
Isoleucine	g	1.040			0.884	3.049	3.964
Leucine	g	1.829			1.555	5.359	6.969
Lysine	g	1.925			1.637	5.641	7.336
Methionine	g	0.592			0.504	1.736	2.257
Cystine	g	0.259			0.220	0.759	0.988
Phenylalanine	g	0.903			0.768	2.647	3.442
Tyrosine	g	0.778			0.661	2.278	2.953
Valine	g	1.126			0.957	3.298	4.289
Arginine	g	1.463			1.243	4.285	5.572
Histidine	g	0.792			0.674	2.322	3.019
Alanine	g	1.396			1.187	4.090	5.318
Aspartic acid	g	2.114			1.797	6.195	8.055
Glutamic acid	g	3.477			2.955	10.187	13.247
Glycine	g	1.263			1.073	3.700	4.811
Proline	g	1.022			0.869	2.994	3.894
Serine	g	0.885			0.752	2.593	3.372

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 286 g[1]	Refuse: Bone 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49.53			42.10	141.65	186.47
Food energy	kcal	331			281	946	1,245
	kJ	1,384			1,177	3,959	5,211
Protein (N x 6.25)	g	23.48			19.96	67.15	88.40
Total lipid (fat)	g	25.54			21.71	73.05	96.17
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.93			0.79	2.66	3.50
Minerals:							
Calcium	mg	9			8	27	36
Iron	mg	2.40			2.04	6.86	9.03
Magnesium	mg	20			17	58	77
Phosphorus	mg	177			151	506	667
Potassium	mg	300			255	858	1,129
Sodium	mg	65			56	187	246
Zinc	mg	6.01			5.10	17.18	22.61
Copper	mg	0.091			0.077	0.259	0.341
Manganese	mg	0.014			0.012	0.040	0.052
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.21	0.28
Riboflavin	mg	0.19			0.16	0.54	0.72
Niacin	mg	3.75			3.19	10.73	14.13
Pantothenic acid	mg	0.38			0.32	1.08	1.42
Vitamin B-6	mg	0.23			0.20	0.66	0.87
Folate	mcg	8			6	22	28
Vitamin B-12	mcg	2.37			2.02	6.79	8.93
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.30			8.76	29.46	38.78
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.20	0.27
12:0	g	0.07			0.06	0.19	0.25
14:0	g	0.83			0.71	2.38	3.13
16:0	g	6.30			5.35	18.02	23.72
18:0	g	3.03			2.58	8.68	11.42
Monounsaturated, total	g	10.93			9.29	31.26	41.15
16:1	g	1.06			0.90	3.02	3.98
18:1	g	9.83			8.35	28.10	36.99
20:1	g	0.05			0.04	0.13	0.18
22:1	g						
Polyunsaturated, total	g	0.89			0.75	2.54	3.34
18:2	g	0.59			0.50	1.70	2.23
18:3	g	0.27			0.23	0.77	1.01
18:4	g						
20:4	g	0.02			0.02	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			72	241	318
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.263			0.224	0.752	0.990
Threonine	g	1.026			0.872	2.933	3.861
Isoleucine	g	1.056			0.897	3.019	3.975
Leucine	g	1.856			1.577	5.308	6.987
Lysine	g	1.954			1.660	5.587	7.355
Methionine	g	0.601			0.511	1.719	2.263
Cystine	g	0.263			0.224	0.752	0.990
Phenylalanine	g	0.917			0.779	2.622	3.451
Tyrosine	g	0.789			0.671	2.256	2.970
Valine	g	1.142			0.971	3.266	4.300
Arginine	g	1.484			1.261	4.244	5.587
Histidine	g	0.804			0.683	2.299	3.027
Alanine	g	1.416			1.204	4.051	5.332
Aspartic acid	g	2.145			1.823	6.135	8.076
Glutamic acid	g	3.528			2.998	10.089	13.281
Glycine	g	1.281			1.089	3.664	4.823
Proline	g	1.037			0.881	2.965	3.904
Serine	g	0.898			0.763	2.568	3.380

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49.41			224.11	14.01	192.74
Food energy	kcal	377			1,712	107	1,472
	kJ	1,580			7,167	448	6,164
Protein (N x 6.25)	g	15.52			70.40	4.40	60.55
Total lipid (fat)	g	34.50			156.49	9.78	134.58
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.72			3.24	0.20	2.79
Minerals:							
Calcium	mg	8			37	2	32
Iron	mg	1.62			7.35	0.46	6.32
Magnesium	mg	15			66	4	57
Phosphorus	mg	145			657	41	565
Potassium	mg	242			1,098	69	944
Sodium	mg	53			239	15	206
Zinc	mg	3.50			15.86	0.99	13.64
Copper	mg	0.057			0.257	0.016	0.221
Manganese	mg	0.011			0.050	0.003	0.043
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.34	0.02	0.29
Riboflavin	mg	0.13			0.58	0.04	0.50
Niacin	mg	2.50			11.32	0.71	9.74
Pantothenic acid	mg	0.31			1.40	0.09	1.20
Vitamin B-6	mg	0.28			1.26	0.08	1.09
Folate	mcg	5			22	1	19
Vitamin B-12	mcg	2.59			11.76	0.74	10.11
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	14.47			65.65	4.10	56.46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.12			0.54	0.03	0.46
12:0	g	0.08			0.37	0.02	0.32
14:0	g	1.14			5.15	0.32	4.43
16:0	g	8.56			38.85	2.43	33.41
18:0	g	4.36			19.78	1.24	17.02
Monounsaturated, total	g	14.91			67.65	4.23	58.18
16:1	g	1.74			7.90	0.49	6.80
18:1	g	12.95			58.72	3.67	50.50
20:1	g	0.05			0.24	0.01	0.20
22:1	g						
Polyunsaturated, total	g	1.27			5.78	0.36	4.97
18:2	g	0.81			3.68	0.23	3.17
18:3	g	0.42			1.89	0.12	1.63
18:4	g						
20:4	g	0.03			0.15	0.01	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	73			333	21	286
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.174			0.788	0.049	0.678
Threonine	g	0.678			3.075	0.192	2.645
Isoleucine	g	0.698			3.165	0.198	2.722
Leucine	g	1.227			5.564	0.348	4.785
Lysine	g	1.291			5.857	0.366	5.037
Methionine	g	0.397			1.802	0.113	1.550
Cystine	g	0.174			0.788	0.049	0.678
Phenylalanine	g	0.606			2.748	0.172	2.364
Tyrosine	g	0.521			2.365	0.148	2.034
Valine	g	0.755			3.424	0.214	2.945
Arginine	g	0.981			4.449	0.278	3.826
Histidine	g	0.531			2.411	0.151	2.073
Alanine	g	0.936			4.247	0.265	3.652
Aspartic acid	g	1.418			6.432	0.402	5.531
Glutamic acid	g	2.332			10.577	0.661	9.096
Glycine	g	0.847			3.841	0.240	3.303
Proline	g	0.685			3.109	0.194	2.674
Serine	g	0.594			2.692	0.168	2.315

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 279 g[1]	Refuse: Bone 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	42.51			36.21	118.91	158.49
Food energy	kcal	413			351	1,154	1,537
	kJ	1,730			1,471	4,829	6,436
Protein (N x 6.25)	g	20.30			17.26	56.67	75.53
Total lipid (fat)	g	36.21			30.78	101.06	134.70
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.88			0.75	2.47	3.29
Minerals:							
Calcium	mg	10			8	28	37
Iron	mg	2.04			1.73	5.69	7.59
Magnesium	mg	18			16	51	69
Phosphorus	mg	161			137	449	598
Potassium	mg	291			248	814	1,084
Sodium	mg	61			52	170	227
Zinc	mg	4.75			4.03	13.25	17.66
Copper	mg	0.075			0.064	0.210	0.280
Manganese	mg	0.013			0.011	0.037	0.049
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.26
Riboflavin	mg	0.17			0.14	0.46	0.62
Niacin	mg	2.60			2.21	7.26	9.67
Pantothenic acid	mg	0.33			0.28	0.92	1.22
Vitamin B-6	mg	0.26			0.22	0.74	0.98
Folate	mcg	6			5	16	21
Vitamin B-12	mcg	2.75			2.34	7.68	10.24
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	15.00			12.75	41.87	55.81
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.08	0.25	0.34
12:0	g	0.09			0.08	0.25	0.34
14:0	g	1.18			1.01	3.30	4.40
16:0	g	8.96			7.61	25.00	33.33
18:0	g	4.38			3.72	12.23	16.30
Monounsaturated, total	g	15.82			13.45	44.16	58.86
16:1	g	1.48			1.26	4.14	5.52
18:1	g	14.04			11.93	39.18	52.22
20:1	g	0.07			0.06	0.19	0.25
22:1	g						
Polyunsaturated, total	g	1.26			1.07	3.51	4.68
18:2	g	0.85			0.72	2.36	3.15
18:3	g	0.36			0.30	1.00	1.33
18:4	g						
20:4	g	0.03			0.03	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	240	320
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.227			0.193	0.635	0.846
Threonine	g	0.887			0.754	2.475	3.299
Isoleucine	g	0.913			0.776	2.548	3.396
Leucine	g	1.605			1.364	4.479	5.970
Lysine	g	1.689			1.436	4.715	6.284
Methionine	g	0.520			0.442	1.451	1.934
Cystine	g	0.227			0.193	0.635	0.846
Phenylalanine	g	0.793			0.674	2.212	2.949
Tyrosine	g	0.682			0.580	1.904	2.538
Valine	g	0.988			0.839	2.756	3.674
Arginine	g	1.283			1.091	3.581	4.772
Histidine	g	0.695			0.591	1.940	2.586
Alanine	g	1.225			1.041	3.418	4.556
Aspartic acid	g	1.855			1.577	5.177	6.900
Glutamic acid	g	3.050			2.593	8.513	11.347
Glycine	g	1.108			0.942	3.092	4.121
Proline	g	0.897			0.762	2.502	3.335
Serine	g	0.776			0.660	2.167	2.888

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 283 g[1]	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	43.66			37.11	123.52	116.75
Food energy	kcal	402			342	1,137	1,075
	kJ	1,683			1,431	4,761	4,500
Protein (N x 6.25)	g	22.47			19.10	63.56	60.08
Total lipid (fat)	g	33.94			28.85	96.01	90.75
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.89			0.76	2.52	2.38
Minerals:							
Calcium	mg	10			8	28	26
Iron	mg	2.29			1.95	6.48	6.13
Magnesium	mg	19			16	55	52
Phosphorus	mg	169			144	478	452
Potassium	mg	286			243	808	764
Sodium	mg	63			54	179	170
Zinc	mg	5.64			4.80	15.96	15.09
Copper	mg	0.087			0.074	0.246	0.233
Manganese	mg	0.013			0.011	0.038	0.036
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.19
Riboflavin	mg	0.18			0.16	0.52	0.49
Niacin	mg	3.58			3.04	10.13	9.57
Pantothenic acid	mg	0.36			0.31	1.02	0.96
Vitamin B-6	mg	0.22			0.19	0.63	0.60
Folate	mcg	7			6	20	19
Vitamin B-12	mcg	2.31			1.97	6.54	6.18
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	14.06			11.95	39.78	37.61
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.07	0.25	0.24
12:0	g	0.08			0.07	0.23	0.22
14:0	g	1.11			0.94	3.14	2.97
16:0	g	8.40			7.14	23.[illegible]	22.47
18:0	g	4.09			3.48	11.57	10.93
Monounsaturated, total	g	14.81			12.59	41.89	39.60
16:1	g	1.40			1.19	3.95	3.73
18:1	g	13.14			11.17	37.17	35.13
20:1	g	0.06			0.05	0.16	0.16
22:1	g						
Polyunsaturated, total	g	1.18			1.00	3.34	3.16
18:2	g	0.79			0.67	2.24	2.12
18:3	g	0.34			0.29	0.96	0.91
18:4	g						
20:4	g	0.03			0.03	0.10	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	241	228
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.252			0.214	0.712	0.673
Threonine	g	0.981			0.834	2.776	2.624
Isoleucine	g	1.010			0.859	2.858	2.701
Leucine	g	1.776			1.509	5.024	4.748
Lysine	g	1.869			1.589	5.288	4.998
Methionine	g	0.575			0.489	1.627	1.538
Cystine	g	0.252			0.214	0.712	0.673
Phenylalanine	g	0.877			0.746	2.481	2.345
Tyrosine	g	0.755			0.642	2.136	2.019
Valine	g	1.093			0.929	3.091	2.922
Arginine	g	1.420			1.207	4.017	3.797
Histidine	g	0.769			0.654	2.176	2.057
Alanine	g	1.355			1.152	3.834	3.624
Aspartic acid	g	2.053			1.745	5.807	5.489
Glutamic acid	g	3.375			2.869	9.549	9.026
Glycine	g	1.226			1.042	3.468	3.278
Proline	g	0.992			0.843	2.807	2.653
Serine	g	0.859			0.730	2.430	2.297

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[1] Raw weight includes refuse; cooked weight excludes refuse..

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 197 g[1]	Refuse: Bone 21% Separable fat 21%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water *g*	58.74			49.93	115.72	154.55
Food energy *kcal*	224			190	441	589
kJ	938			797	1,848	2,467
Protein (N x 6.25) *g*	25.17			21.39	49.58	66.22
Total lipid (fat) *g*	12.92			10.98	25.46	34.00
Carbohydrate, total *g*	0.00			0.00	0.00	0.00
Crude fiber *g*	0.00			0.00	0.00	0.00
Ash *g*	1.23			1.05	2.42	3.24
Minerals:						
Calcium *mg*	9			8	18	24
Iron *mg*	2.57			2.18	5.06	6.76
Magnesium *mg*	23			19	45	60
Phosphorus *mg*	217			184	427	571
Potassium *mg*	372			316	732	978
Sodium *mg*	72			61	142	189
Zinc *mg*	6.28			5.34	12.38	16.53
Copper *mg*	0.090			0.076	0.177	0.236
Manganese *mg*	0.015			0.013	0.030	0.040
Vitamins:						
Ascorbic acid *mg*	0			0	0	0
Thiamin *mg*	0.08			0.07	0.17	0.22
Riboflavin *mg*	0.19			0.16	0.37	0.49
Niacin *mg*	3.18			2.71	6.27	8.38
Pantothenic acid *mg*	0.41			0.35	0.82	1.09
Vitamin B-6 *mg*	0.26			0.22	0.52	0.69
Folate *mcg*	7			6	13	17
Vitamin B-12 *mcg*	3.31			2.82	6.53	8.72
Vitamin A *RE*	0			0	0	0
IU	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total *g*	5.28			4.49	10.40	13.89
4:0 *g*						
6:0 *g*						
8:0 *g*						
10:0 *g*	0.02			0.02	0.04	0.05
12:0 *g*	0.02			0.01	0.03	0.04
14:0 *g*	0.40			0.34	0.78	1.05
16:0 *g*	3.15			2.68	6.21	8.29
18:0 *g*	1.70			1.44	3.34	4.46
Monounsaturated, total *g*	5.23			4.45	10.31	13.77
16:1 *g*	0.52			0.44	1.03	1.38
18:1 *g*	4.70			3.99	9.25	12.36
20:1 *g*	0.01			0.01	0.03	0.04
22:1 *g*						
Polyunsaturated, total *g*	0.49			0.41	0.96	1.28
18:2 *g*	0.38			0.32	0.75	1.00
18:3 *g*	0.06			0.05	0.11	0.15
18:4 *g*						
20:4 *g*	0.05			0.04	0.10	0.13
20:5 *g*						
22:5 *g*						
22:6 *g*						
Cholesterol *mg*	76			64	149	199
Phytosterols *mg*						
Amino acids:						
Tryptophan *g*	0.282			0.240	0.555	0.742
Threonine *g*	1.099			0.934	2.166	2.892
Isoleucine *g*	1.132			0.962	2.229	2.977
Leucine *g*	1.989			1.691	3.919	5.234
Lysine *g*	2.094			1.780	4.125	5.509
Methionine *g*	0.644			0.548	1.269	1.695
Cystine *g*	0.282			0.240	0.555	0.742
Phenylalanine *g*	0.983			0.835	1.936	2.585
Tyrosine *g*	0.846			0.719	1.666	2.225
Valine *g*	1.224			1.041	2.412	3.221
Arginine *g*	1.591			1.352	3.134	4.185
Histidine *g*	0.862			0.732	1.698	2.267
Alanine *g*	1.518			1.290	2.991	3.994
Aspartic acid *g*	2.299			1.954	4.530	6.050
Glutamic acid *g*	3.781			3.214	7.449	9.949
Glycine *g*	1.373			1.167	2.705	3.613
Proline *g*	1.111			0.945	2.190	2.924
Serine *g*	0.962			0.818	1.896	2.532

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 210 g[1]	Refuse: Bone 16% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.40			49.64	122.64	158.96
Food energy	kcal	237			201	497	644
	kJ	991			842	2,080	2,696
Protein (N x 6.25)	g	27.53	0.638	13	23.40	57.82	74.94
Total lipid (fat)	g	13.20			11.22	27.72	35.93
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08	0.019	15	0.92	2.27	2.94
Minerals:							
Calcium	mg	8	0.750	11	7	17	22
Iron	mg	2.82	0.150	11	2.40	5.92	7.68
Magnesium	mg	25	0.324	11	21	52	68
Phosphorus	mg	209			178	439	569
Potassium	mg	357	6.757	11	303	750	972
Sodium	mg	73	7.193	11	62	153	199
Zinc	mg	7.46	0.491	8	6.34	15.67	20.31
Copper	mg	0.105	0.006	8	0.089	0.220	0.286
Manganese	mg	0.016			0.014	0.034	0.044
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09	0.009	15	0.07	0.18	0.23
Riboflavin	mg	0.22	0.008	13	0.19	0.47	0.60
Niacin	mg	4.45	0.263	13	3.78	9.34	12.11
Pantothenic acid	mg	0.45	0.042	4	0.38	0.94	1.22
Vitamin B-6	mg	0.26	0.016	4	0.22	0.55	0.71
Folate	mcg	9	0.435	14	8	19	24
Vitamin B-12	mcg	2.61	0.454	15	2.22	5.48	7.10
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.27			4.48	11.07	14.35
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		8	0.01	0.02	0.03
12:0	g	0.01		8	0.01	0.02	0.03
14:0	g	0.41		8	0.35	0.85	1.11
16:0	g	3.10		8	2.63	6.51	8.44
18:0	g	1.75		8	1.49	3.67	4.76
Monounsaturated, total	g	5.52			4.69	11.59	15.02
16:1	g	0.46		8	0.39	0.97	1.26
18:1	g	5.05		8	4.29	10.60	13.73
20:1	g	0.01		8	0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.38			0.32	0.79	1.03
18:2	g	0.31		8	0.27	0.65	0.85
18:3	g	0.03		8	0.02	0.06	0.08
18:4	g						
20:4	g	0.04		8	0.03	0.08	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81	2.403	8	69	170	220
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.308			0.262	0.648	0.839
Threonine	g	1.203			1.022	2.525	3.273
Isoleucine	g	1.238			1.052	2.599	3.369
Leucine	g	2.176			1.850	4.570	5.923
Lysine	g	2.291			1.947	4.810	6.235
Methionine	g	0.705			0.599	1.480	1.918
Cystine	g	0.308			0.262	0.648	0.839
Phenylalanine	g	1.075			0.914	2.257	2.926
Tyrosine	g	0.925			0.786	1.943	2.518
Valine	g	1.339			1.138	2.812	3.645
Arginine	g	1.740			1.479	3.654	4.736
Histidine	g	0.943			0.801	1.980	2.566
Alanine	g	1.661			1.412	3.487	4.520
Aspartic acid	g	2.515			2.138	5.282	6.847
Glutamic acid	g	4.136			3.516	8.686	11.259
Glycine	g	1.502			1.277	3.154	4.089
Proline	g	1.216			1.033	2.553	3.309
Serine	g	1.053			0.895	2.211	2.866

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 0 " fat, All grades, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 214 g[1]	Refuse: Bone 16% Separable fat 22%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water g	57.90			49.21	123.91	162.81
Food energy kcal	238			203	510	670
kJ	998			848	2.136	2.807
Protein (N x 6.25) g	27.53	0.638	13	23.40	58.92	77.42
Total lipid (fat) g	13.40			11.39	28.68	37.68
Carbohydrate, total g	0.00			0.00	0.00	0.00
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	1.06	0.019	15	0.92	2.31	3.04
Minerals:						
Calcium mg	8	0.750	11	7	17	22
Iron mg	2.82	0.150	11	2.40	6.03	7.93
Magnesium mg	25	0.324	11	21	53	70
Phosohorus mg	209			178	447	588
Potassium mg	357	6.757	11	303	764	1.004
Sodium mg	73	7.193	11	62	156	205
Zinc mg	7.46	0.491	8	6.34	15.96	20.98
Copper mg	0.105	0.006	8	0.089	0.225	0.295
Manganese mg	0.016			0.014	0.034	0.045
Vitamins:						
Ascorbic acid mg	0			0	0	0
Thiamin mg	0.09	0.009	15	0.07	0.18	0.24
Riboflavin mg	0.22	0.008	13	0.19	0.48	0.62
Niacin mg	4.45	0.263	13	3.78	9.52	12.51
Pantothenic acid mg	0.45	0.042		0.38	0.96	1.26
Vitamin B-6 mg	0.26	0.016		0.22	0.56	0.73
Folate mcg	9	0.435	14	8	19	25
Vitamin B-12 mcg	2.61	0.454	15	2.22	5.59	7.34
Vitamin A RE	0			0	0	0
IU	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total g	5.35			4.55	11.45	15.05
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.01		8	0.01	0.02	0.03
12:0 g	0.01		8	0.01	0.02	0.03
14:0 g	0.41		8	0.35	0.88	1.16
16:0 g	3.15		8	2.67	6.73	8.85
18:0 g	1.77		8	1.51	3.80	4.99
Monounsaturated, total g	5.60			4.76	11.99	15.75
16:1 g	0.47		8	0.40	1.01	1.32
18:1 g	5.12		8	4.35	10.96	14.40
20:1 g	0.01		8	0.01	0.02	0.03
22:1 g						
Polyunsaturated, total g	0.38			0.33	0.82	1.08
18:2 g	0.32		8	0.27	0.68	0.89
18:3 g	0.03		8	0.02	0.06	0.08
18:4 g						
20:4 g	0.04		8	0.03	0.08	0.11
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	81	2.403	8	69	173	228
Phytosterols mg						
Amino acids:						
Tryptophan g	0.308			0.262	0.660	0.867
Threonine g	1.203			1.022	2.573	3.382
Isoleucine g	1.238			1.052	2.649	3.481
Leucine g	2.176			1.850	4.657	6.119
Lysine g	2.291			1.947	4.902	6.441
Methionine g	0.705			0.599	1.508	1.982
Cystine g	0.308			0.262	0.660	0.867
Phenylalanine g	1.075			0.914	2.300	3.022
Tyrosine g	0.925			0.786	1.980	2.601
Valine g	1.339			1.138	2.866	3.766
Arginine g	1.740			1.479	3.724	4.893
Histidine g	0.943			0.801	2.017	2.651
Alanine g	1.661			1.412	3.554	4.670
Aspartic acid g	2.515			2.138	5.383	7.073
Glutamic acid g	4.136			3.516	8.852	11.631
Glycine g	1.502			1.277	3.214	4.224
Proline g	1.216			1.033	2.602	3.419
Serine g	1.053			0.895	2.253	2.960

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 191 g[1]	Refuse: Bone 21% Separable fat 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.53			48.90	100.89	146.13
Food energy	kcal	240			204	458	609
	kJ	1,003			852	1,916	2,547
Protein (N x 6.25)	g	25.17			21.39	48.07	63.93
Total lipid (fat)	g	14.65			12.45	27.97	37.20
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.05	2.35	3.13
Minerals:							
Calcium	mg	9			8	17	23
Iron	mg	2.57			2.18	4.91	6.53
Magnesium	mg	23			19	44	58
Phosphorus	mg	217			184	414	551
Potassium	mg	372			316	710	944
Sodium	mg	72			61	137	183
Zinc	mg	6.28			5.34	12.00	15.96
Copper	mg	0.090			0.076	0.171	0.228
Manganese	mg	0.015			0.013	0.029	0.039
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.16	0.21
Riboflavin	mg	0.19			0.16	0.35	0.47
Niacin	mg	3.18			2.71	6.08	8.09
Pantothenic acid	mg	0.41			0.35	0.79	1.05
Vitamin B-6	mg	0.26			0.22	0.50	0.66
Folate	mcg	7			6	12	17
Vitamin B-12	mcg	3.31			2.82	6.33	8.41
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.98			5.08	11.43	15.19
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.04	0.05
12:0	g	0.02			0.02	0.04	0.05
14:0	g	0.45			0.38	0.86	1.14
16:0	g	3.57			3.04	6.82	9.07
18:0	g	1.92			1.63	3.67	4.88
Monounsaturated, total	g	5.93			5.04	11.33	15.07
16:1	g	0.59			0.50	1.13	1.51
18:1	g	5.32			4.53	10.17	13.52
20:1	g	0.02			0.01	0.03	0.04
22:1	g						
Polyunsaturated, total	g	0.55			0.47	1.05	1.40
18:2	g	0.43			0.37	0.82	1.09
18:3	g	0.06			0.06	0.12	0.16
18:4	g						
20:4	g	0.05			0.05	0.10	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			64	144	192
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.282			0.240	0.538	0.716
Threonine	g	1.099			0.934	2.100	2.792
Isoleucine	g	1.132			0.962	2.161	2.874
Leucine	g	1.989			1.691	3.800	5.053
Lysine	g	2.094			1.780	4.000	5.319
Methionine	g	0.644			0.548	1.231	1.637
Cystine	g	0.282			0.240	0.538	0.716
Phenylalanine	g	0.983			0.835	1.877	2.496
Tyrosine	g	0.846			0.719	1.615	2.148
Valine	g	1.224			1.041	2.338	3.109
Arginine	g	1.591			1.352	3.038	4.040
Histidine	g	0.862			0.732	1.646	2.189
Alanine	g	1.518			1.290	2.900	3.856
Aspartic acid	g	2.299			1.954	4.392	5.840
Glutamic acid	g	3.781			3.214	7.222	9.604
Glycine	g	1.373			1.167	2.623	3.488
Proline	g	1.111			0.945	2.123	2.823
Serine	g	0.962			0.818	1.838	2.445

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 203 g[1]	Refuse: Bone 15% Separable fat 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.50			48.87	116.72	151.28
Food energy	kcal	250			213	508	658
	kJ	1,047			890	2,126	2,755
Protein (N x 6.25)	g	27.53			23.40	55.89	72.43
Total lipid (fat)	g	14.70			12.49	29.84	38.68
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08			0.92	2.19	2.84
Minerals:							
Calcium	mg	8			7	16	21
Iron	mg	2.82			2.40	5.72	7.42
Magnesium	mg	25			21	51	66
Phosphorus	mg	209			178	424	550
Potassium	mg	357			303	725	939
Sodium	mg	73			62	148	192
Zinc	mg	7.46			6.34	15.14	19.63
Copper	mg	0.105			0.089	0.213	0.276
Manganese	mg	0.016			0.014	0.032	0.042
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.17	0.23
Riboflavin	mg	0.22			0.19	0.45	0.58
Niacin	mg	4.45			3.78	9.03	11.70
Pantothenic acid	mg	0.45			0.38	0.91	1.18
Vitamin B-6	mg	0.26			0.22	0.53	0.68
Folate	mcg	9			8	18	24
Vitamin B-12	mcg	2.61			2.22	5.30	6.87
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.87			4.99	11.92	15.45
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.45			0.38	0.92	1.19
16:0	g	3.45			2.93	7.01	9.08
18:0	g	1.95			1.65	3.95	5.12
Monounsaturated, total	g	6.15			5.22	12.48	16.17
16:1	g	0.52			0.44	1.05	1.36
18:1	g	5.62			4.78	11.41	14.78
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.42			0.36	0.85	1.11
18:2	g	0.35			0.30	0.70	0.91
18:3	g	0.03			0.03	0.06	0.08
18:4	g						
20:4	g	0.04			0.04	0.09	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	164	213
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.308			0.262	0.626	0.811
Threonine	g	1.203			1.022	2.441	3.164
Isoleucine	g	1.238			1.052	2.513	3.257
Leucine	g	2.176			1.850	4.417	5.725
Lysine	g	2.291			1.947	4.650	6.027
Methionine	g	0.705			0.599	1.431	1.854
Cystine	g	0.308			0.262	0.626	0.811
Phenylalanine	g	1.075			0.914	2.182	2.828
Tyrosine	g	0.925			0.786	1.878	2.434
Valine	g	1.339			1.138	2.718	3.523
Arginine	g	1.740			1.479	3.532	4.578
Histidine	g	0.943			0.801	1.914	2.480
Alanine	g	1.661			1.412	3.371	4.369
Aspartic acid	g	2.515			2.138	5.106	6.618
Glutamic acid	g	4.136			3.516	8.397	10.883
Glycine	g	1.502			1.277	3.049	3.952
Proline	g	1.216			1.033	2.468	3.199
Serine	g	1.053			0.895	2.137	2.770

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 207 g[1]	Refuse: Bone 16% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.80			48.28	117.58	154.61
Food energy	kcal	253			215	523	688
	kJ	1,058			900	2,191	2,881
Protein (N x 6.25)	g	27.53			23.40	56.99	74.94
Total lipid (fat)	g	15.00			12.75	31.05	40.83
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.06			0.92	2.24	2.94
Minerals:							
Calcium	mg	8			7	17	22
Iron	mg	2.82			2.40	5.84	7.68
Magnesium	mg	25			21	52	68
Phosphorus	mg	209			178	433	569
Potassium	mg	357			303	739	972
Sodium	mg	73			62	151	199
Zinc	mg	7.46			6.34	15.44	20.31
Copper	mg	0.105			0.089	0.217	0.286
Manganese	mg	0.016			0.014	0.033	0.044
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.18	0.23
Riboflavin	mg	0.22			0.19	0.46	0.60
Niacin	mg	4.45			3.78	9.21	12.11
Pantothenic acid	mg	0.45			0.38	0.93	1.22
Vitamin B-6	mg	0.26			0.22	0.54	0.71
Folate	mcg	9			8	19	24
Vitamin B-12	mcg	2.61			2.22	5.40	7.10
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.99			5.09	12.40	16.31
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.46			0.39	0.96	1.26
16:0	g	3.52			2.99	7.29	9.59
18:0	g	1.99			1.69	4.11	5.41
Monounsaturated, total	g	6.27			5.33	12.98	17.07
16:1	g	0.53			0.45	1.09	1.43
18:1	g	5.73			4.87	11.87	15.61
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.43			0.37	0.89	1.17
18:2	g	0.35			0.30	0.73	0.96
18:3	g	0.03			0.03	0.07	0.09
18:4	g						
20:4	g	0.04			0.04	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	168	220
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.308			0.262	0.638	0.839
Threonine	g	1.203			1.022	2.489	3.273
Isoleucine	g	1.238			1.052	2.562	3.369
Leucine	g	2.176			1.850	4.504	5.923
Lysine	g	2.291			1.947	4.742	6.235
Methionine	g	0.705			0.599	1.459	1.918
Cystine	g	0.308			0.262	0.638	0.839
Phenylalanine	g	1.075			0.914	2.225	2.926
Tyrosine	g	0.925			0.786	1.915	2.518
Valine	g	1.339			1.138	2.772	3.645
Arginine	g	1.740			1.479	3.602	4.736
Histidine	g	0.943			0.801	1.951	2.566
Alanine	g	1.661			1.412	3.438	4.520
Aspartic acid	g	2.515			2.138	5.207	6.847
Glutamic acid	g	4.136			3.516	8.562	11.259
Glycine	g	1.502			1.277	3.109	4.089
Proline	g	1.216			1.033	2.517	3.309
Serine	g	1.053			0.895	2.179	2.866

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (6-9), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 204 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.75			51.64	123.94	165.37
Food energy	kcal	206			175	420	560
	kJ	862			733	1,758	2,346
Protein (N x 6.25)	g	25.17			21.39	51.34	68.51
Total lipid (fat)	g	10.91			9.28	22.26	29.70
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.05	2.51	3.35
Minerals:							
Calcium	mg	9			8	18	24
Iron	mg	2.57			2.18	5.24	7.00
Magnesium	mg	23			19	47	62
Phosphorus	mg	217			184	443	590
Potassium	mg	372			316	758	1,011
Sodium	mg	72			61	147	196
Zinc	mg	6.28			5.34	12.82	17.10
Copper	mg	0.090			0.076	0.183	0.244
Manganese	mg	0.015			0.013	0.031	0.042
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.17	0.23
Riboflavin	mg	0.19			0.16	0.38	0.51
Niacin	mg	3.18			2.71	6.49	8.67
Pantothenic acid	mg	0.41			0.35	0.85	1.13
Vitamin B-6	mg	0.26			0.22	0.53	0.71
Folate	mcg	7			6	13	18
Vitamin B-12	mcg	3.31			2.82	6.76	9.02
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.44			3.78	9.06	12.09
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.33			0.28	0.67	0.90
16:0	g	2.65			2.25	5.40	7.21
18:0	g	1.45			1.23	2.95	3.94
Monounsaturated, total	g	4.36			3.70	8.89	11.86
16:1	g	0.41			0.35	0.84	1.12
18:1	g	3.93			3.34	8.02	10.71
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.41			0.35	0.84	1.12
18:2	g	0.34			0.29	0.69	0.92
18:3	g	0.03			0.02	0.06	0.07
18:4	g						
20:4	g	0.05			0.04	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			64	154	206
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.282			0.240	0.575	0.767
Threonine	g	1.099			0.934	2.243	2.992
Isoleucine	g	1.132			0.962	2.308	3.080
Leucine	g	1.989			1.691	4.058	5.415
Lysine	g	2.094			1.780	4.272	5.700
Methionine	g	0.644			0.548	1.314	1.754
Cystine	g	0.282			0.240	0.575	0.767
Phenylalanine	g	0.983			0.835	2.004	2.675
Tyrosine	g	0.846			0.719	1.725	2.302
Valine	g	1.224			1.041	2.497	3.332
Arginine	g	1.591			1.352	3.245	4.330
Histidine	g	0.862			0.732	1.758	2.346
Alanine	g	1.518			1.290	3.097	4.132
Aspartic acid	g	2.299			1.954	4.691	6.259
Glutamic acid	g	3.781			3.214	7.714	10.293
Glycine	g	1.373			1.167	2.801	3.738
Proline	g	1.111			0.945	2.267	3.025
Serine	g	0.962			0.818	1.963	2.620

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 217 g[1]	Refuse: Bone 16% Separable fat 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.40			50.49	128.90	167.03
Food energy	kcal	220			187	478	620
	kJ	923			784	2,002	2,594
Protein (N x 6.25)	g	27.53			23.40	59.74	77.42
Total lipid (fat)	g	11.40			9.69	24.74	32.06
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08			0.92	2.34	3.04
Minerals:							
Calcium	mg	8			7	17	22
Iron	mg	2.82			2.40	6.12	7.93
Magnesium	mg	25			21	54	70
Phosphorus	mg	209			178	454	588
Potassium	mg	357			303	775	1,004
Sodium	mg	73			62	158	205
Zinc	mg	7.46			6.34	16.19	20.98
Copper	mg	0.105			0.089	0.228	0.295
Manganese	mg	0.016			0.014	0.035	0.045
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.19	0.24
Riboflavin	mg	0.22			0.19	0.48	0.62
Niacin	mg	4.45			3.78	9.65	12.51
Pantothenic acid	mg	0.45			0.38	0.97	1.26
Vitamin B-6	mg	0.26			0.22	0.56	0.73
Folate	mcg	9			8	20	25
Vitamin B-12	mcg	2.61			2.22	5.66	7.34
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.55			3.87	9.88	12.80
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.02
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.35			0.30	0.76	0.99
16:0	g	2.68			2.28	5.81	7.53
18:0	g	1.51			1.28	3.28	4.25
Monounsaturated, total	g	4.77			4.05	10.34	13.40
16:1	g	0.40			0.34	0.87	1.12
18:1	g	4.36			3.70	9.46	12.25
20:1	g	0.01			0.01	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.33			0.28	0.71	0.92
18:2	g	0.27			0.23	0.58	0.76
18:3	g	0.02			0.02	0.05	0.07
18:4	g						
20:4	g	0.03			0.03	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	176	228
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.308			0.262	0.669	0.867
Threonine	g	1.203			1.022	2.610	3.382
Isoleucine	g	1.238			1.052	2.686	3.481
Leucine	g	2.176			1.850	4.722	6.119
Lysine	g	2.291			1.947	4.971	6.441
Methionine	g	0.705			0.599	1.529	1.982
Cystine	g	0.308			0.262	0.669	0.867
Phenylalanine	g	1.075			0.914	2.332	3.022
Tyrosine	g	0.925			0.786	2.007	2.601
Valine	g	1.339			1.138	2.906	3.766
Arginine	g	1.740			1.479	3.776	4.893
Histidine	g	0.943			0.801	2.046	2.651
Alanine	g	1.661			1.412	3.604	4.670
Aspartic acid	g	2.515			2.138	5.458	7.073
Glutamic acid	g	4.136			3.516	8.976	11.631
Glycine	g	1.502			1.277	3.260	4.224
Proline	g	1.216			1.033	2.638	3.419
Serine	g	1.053			0.895	2.285	2.960

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 217 g[1]	Refuse: Bone 17% Separable fat 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.30			50.40	128.68	169.48
Food energy	kcal	220			187	478	630
	kJ	923			784	2,002	2,637
Protein (N x 6.25)	g	27.53			23.40	59.74	78.68
Total lipid (fat)	g	11.40			9.69	24.74	32.58
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08			0.92	2.34	3.09
Minerals:							
Calcium	mg	8			7	17	23
Iron	mg	2.82			2.40	6.12	8.06
Magnesium	mg	25			21	54	71
Phosphorus	mg	209			178	454	597
Potassium	mg	357			303	775	1,020
Sodium	mg	73			62	158	209
Zinc	mg	7.46			6.34	16.19	21.32
Copper	mg	0.105			0.089	0.228	0.300
Manganese	mg	0.016			0.014	0.035	0.046
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.19	0.25
Riboflavin	mg	0.22			0.19	0.48	0.63
Niacin	mg	4.45			3.78	9.65	12.71
Pantothenic acid	mg	0.45			0.38	0.97	1.28
Vitamin B-6	mg	0.26			0.22	0.56	0.74
Folate	mcg	9			8	20	26
Vitamin B-12	mcg	2.61			2.22	5.66	7.46
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.55			3.87	9.88	13.01
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.02
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.35			0.30	0.76	1.00
16:0	g	2.68			2.28	5.81	7.65
18:0	g	1.51			1.28	3.28	4.31
Monounsaturated, total	g	4.77			4.05	10.34	13.62
16:1	g	0.40			0.34	0.87	1.14
18:1	g	4.36			3.70	9.46	12.45
20:1	g	0.01			0.01	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.33			0.28	0.71	0.93
18:2	g	0.27			0.23	0.58	0.77
18:3	g	0.02			0.02	0.05	0.07
18:4	g						
20:4	g	0.03			0.03	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	176	231
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.308			0.262	0.669	0.881
Threonine	g	1.203			1.022	2.610	3.437
Isoleucine	g	1.238			1.052	2.686	3.538
Leucine	g	2.176			1.850	4.722	6.219
Lysine	g	2.291			1.947	4.971	6.547
Methionine	g	0.705			0.599	1.529	2.014
Cystine	g	0.308			0.262	0.669	0.881
Phenylalanine	g	1.075			0.914	2.332	3.072
Tyrosine	g	0.925			0.786	2.007	2.644
Valine	g	1.339			1.138	2.906	3.827
Arginine	g	1.740			1.479	3.776	4.973
Histidine	g	0.943			0.801	2.046	2.694
Alanine	g	1.661			1.412	3.604	4.746
Aspartic acid	g	2.515			2.138	5.458	7.189
Glutamic acid	g	4.136			3.516	8.976	11.822
Glycine	g	1.502			1.277	3.260	4.293
Proline	g	1.216			1.033	2.638	3.475
Serine	g	1.053			0.895	2.285	3.009

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 194 g[1]	Refuse: Bone 18% Separable fat 25%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.40			45.39	103.60	138.09
Food energy	kcal	294			250	569	759
	kJ	1,229			1,045	2,384	3.178
Protein (N x 6.25)	g	24.64			20.94	47.80	63.72
Total lipid (fat)	g	20.88			17.75	40.51	54.00
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08			0.92	2.10	2.79
Minerals:							
Calcium	mg	8			7	16	21
Iron	mg	2.48			2.11	4.81	6.41
Magnesium	mg	24			20	47	62
Phosphorus	mg	199			169	386	515
Potassium	mg	369			314	716	954
Sodium	mg	70			59	136	181
Zinc	mg	6.25			5.31	12.12	16.16
Copper	mg	0.089			0.076	0.173	0.230
Manganese	mg	0.016			0.014	0.031	0.041
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.17	0.22
Riboflavin	mg	0.20			0.17	0.39	0.52
Niacin	mg	3.07			2.61	5.96	7.94
Pantothenic acid	mg	0.41			0.35	0.79	1.05
Vitamin B-6	mg	0.32			0.27	0.62	0.83
Folate	mcg	7			6	14	18
Vitamin B-12	mcg	3.26			2.77	6.32	8.43
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.94			7.60	17.34	23.12
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.02			0.02	0.04	0.05
14:0	g	0.66			0.56	1.28	1.71
16:0	g	5.00			4.25	9.70	12.93
18:0	g	2.82			2.40	5.47	7.29
Monounsaturated, total	g	9.25			7.86	17.94	23.92
16:1	g	0.74			0.63	1.44	1.91
18:1	g	8.15			6.93	15.81	21.07
20:1	g	0.02			0.02	0.04	0.05
22:1	g						
Polyunsaturated, total	g	0.63			0.54	1.22	1.63
18:2	g	0.50			0.42	0.97	1.29
18:3	g	0.05			0.04	0.10	0.13
18:4	g						
20:4	g	0.05			0.04	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	159	212
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.276			0.235	0.535	0.714
Threonine	g	1.076			0.915	2.088	2.783
Isoleucine	g	1.108			0.942	2.149	2.865
Leucine	g	1.948			1.655	3.778	5.036
Lysine	g	2.050			1.743	3.977	5.301
Methionine	g	0.631			0.536	1.224	1.631
Cystine	g	0.276			0.235	0.535	0.714
Phenylalanine	g	0.962			0.818	1.866	2.488
Tyrosine	g	0.828			0.704	1.606	2.141
Valine	g	1.198			1.019	2.325	3.099
Arginine	g	1.557			1.324	3.021	4.027
Histidine	g	0.844			0.717	1.637	2.182
Alanine	g	1.486			1.263	2.883	3.844
Aspartic acid	g	2.251			1.913	4.367	5.821
Glutamic acid	g	3.702			3.147	7.182	9.573
Glycine	g	1.344			1.143	2.608	3.477
Proline	g	1.088			0.925	2.111	2.814
Serine	g	0.942			0.801	1.828	2.437

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, LARGE END (RIBS 6-9), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 196 g[1]	Refuse: Bone 19% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.41			46.25	106.64	138.20
Food energy	kcal	283			241	555	719
	kJ	1,185			1,007	2,322	3,009
Protein (N x 6.25)	g	27.53			23.40	53.96	69.93
Total lipid (fat)	g	18.34			15.59	35.95	46.58
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08			0.92	2.12	2.74
Minerals:							
Calcium	mg	8			7	16	20
Iron	mg	2.82			2.40	5.53	7.16
Magnesium	mg	25			21	49	63
Phosphorus	mg	209			178	410	531
Potassium	mg	357			303	700	907
Sodium	mg	73			62	143	185
Zinc	mg	7.46			6.34	14.62	18.95
Copper	mg	0.105			0.089	0.206	0.267
Manganese	mg	0.016			0.014	0.031	0.041
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.17	0.22
Riboflavin	mg	0.22			0.19	0.44	0.56
Niacin	mg	4.45			3.78	8.72	11.30
Pantothenic acid	mg	0.45			0.38	0.88	1.14
Vitamin B-6	mg	0.26			0.22	0.51	0.66
Folate	mcg	9			8	18	23
Vitamin B-12	mcg	2.61			2.22	5.12	6.63
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.88			6.69	15.44	20.00
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.58			0.49	1.13	1.47
16:0	g	4.39			3.73	8.60	11.14
18:0	g	2.47			2.10	4.85	6.28
Monounsaturated, total	g	8.10			6.89	15.89	20.59
16:1	g	0.65			0.55	1.27	1.65
18:1	g	7.14			6.07	13.99	18.13
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.55			0.47	1.07	1.39
18:2	g	0.44			0.37	0.86	1.11
18:3	g	0.04			0.03	0.08	0.10
18:4	g						
20:4	g	0.05			0.04	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	159	206
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.308			0.262	0.604	0.783
Threonine	g	1.203			1.022	2.357	3.055
Isoleucine	g	1.238			1.052	2.426	3.144
Leucine	g	2.176			1.850	4.265	5.527
Lysine	g	2.291			1.947	4.490	5.818
Methionine	g	0.705			0.599	1.381	1.790
Cystine	g	0.308			0.262	0.604	0.783
Phenylalanine	g	1.075			0.914	2.107	2.730
Tyrosine	g	0.925			0.786	1.813	2.350
Valine	g	1.339			1.138	2.625	3.401
Arginine	g	1.740			1.479	3.410	4.420
Histidine	g	0.943			0.801	1.848	2.394
Alanine	g	1.661			1.412	3.255	4.218
Aspartic acid	g	2.515			2.138	4.930	6.389
Glutamic acid	g	4.136			3.516	8.107	10.506
Glycine	g	1.502			1.277	2.944	3.815
Proline	g	1.216			1.033	2.383	3.088
Serine	g	1.053			0.895	2.063	2.674

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.70			252.65	15.79	212.21
Food energy	kcal	298			1,352	85	1,136
	kJ	1,248			5,661	354	4,755
Protein (N x 6.25)	g	16.79			76.18	4.76	63.98
Total lipid (fat)	g	25.11			113.88	7.12	95.65
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.81			3.65	0.23	3.07
Minerals:							
Calcium	mg	10			45	3	38
Iron	mg	1.78			8.07	0.50	6.78
Magnesium	mg	17			76	5	64
Phosphorus	mg	160			726	45	610
Potassium	mg	287			1,302	81	1,094
Sodium	mg	53			243	15	204
Zinc	mg	3.64			16.49	1.03	13.85
Copper	mg	0.057			0.261	0.016	0.219
Manganese	mg	0.012			0.053	0.003	0.045
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.36	0.02	0.30
Riboflavin	mg	0.13			0.57	0.04	0.48
Niacin	mg	3.09			14.02	0.88	11.78
Pantothenic acid	mg	0.28			1.28	0.08	1.07
Vitamin B-6	mg	0.35			1.59	0.10	1.33
Folate	mcg	5			23	1	20
Vitamin B-12	mcg	2.98			13.51	0.84	11.35
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.29			46.67	2.92	39.20
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.39	0.02	0.33
12:0	g	0.06			0.27	0.02	0.22
14:0	g	0.82			3.71	0.23	3.12
16:0	g	6.19			28.07	1.75	23.58
18:0	g	3.14			14.23	0.89	11.95
Monounsaturated, total	g	10.92			49.51	3.09	41.59
16:1	g	1.27			5.75	0.36	4.83
18:1	g	9.61			43.59	2.72	36.61
20:1	g	0.04			0.17	0.01	0.14
22:1	g						
Polyunsaturated, total	g	0.89			4.02	0.25	3.38
18:2	g	0.57			2.57	0.16	2.16
18:3	g	0.31			1.39	0.09	1.17
18:4	g						
20:4	g	0.01			0.06	0.00	0.05
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	70			318	20	267
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.188			0.853	0.053	0.717
Threonine	g	0.734			3.327	0.208	2.795
Isoleucine	g	0.755			3.425	0.214	2.877
Leucine	g	1.327			6.021	0.376	5.057
Lysine	g	1.397			6.338	0.396	5.324
Methionine	g	0.430			1.950	0.122	1.638
Cystine	g	0.188			0.853	0.053	0.717
Phenylalanine	g	0.656			2.974	0.186	2.498
Tyrosine	g	0.564			2.560	0.160	2.150
Valine	g	0.817			3.705	0.232	3.112
Arginine	g	1.061			4.814	0.301	4.044
Histidine	g	0.575			2.608	0.163	2.191
Alanine	g	1.013			4.595	0.287	3.860
Aspartic acid	g	1.534			6.960	0.435	5.846
Glutamic acid	g	2.523			11.445	0.715	9.613
Glycine	g	0.916			4.156	0.260	3.491
Proline	g	0.742			3.364	0.210	2.826
Serine	g	0.642			2.913	0.182	2.447

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 269 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.14			40.92	129.51	172.50
Food energy	kcal	336			285	903	1,202
	kJ	1,405			1,194	3,778	5,032
Protein (N x 6.25)	g	23.69			20.14	63.73	84.88
Total lipid (fat)	g	25.98			22.09	69.89	93.10
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.03			0.88	2.78	3.71
Minerals:							
Calcium	mg	13			11	36	47
Iron	mg	2.19			1.86	5.90	7.86
Magnesium	mg	22			18	59	78
Phosphorus	mg	175			149	471	627
Potassium	mg	325			276	875	1,165
Sodium	mg	62			53	167	222
Zinc	mg	5.59			4.75	15.04	20.04
Copper	mg	0.086			0.073	0.232	0.309
Manganese	mg	0.014			0.012	0.037	0.049
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.23	0.31
Riboflavin	mg	0.18			0.16	0.50	0.66
Niacin	mg	3.99			3.39	10.73	14.29
Pantothenic acid	mg	0.29			0.25	0.79	1.05
Vitamin B-6	mg	0.33			0.28	0.90	1.20
Folate	mcg	7			6	18	24
Vitamin B-12	mcg	2.89			2.46	7.79	10.37
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.52			8.94	28.30	37.69
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.20	0.27
12:0	g	0.07			0.06	0.19	0.25
14:0	g	0.85			0.72	2.29	3.04
16:0	g	6.45			5.48	17.35	23.11
18:0	g	3.07			2.61	8.27	11.01
Monounsaturated, total	g	11.16			9.48	30.01	39.97
16:1	g	1.07			0.91	2.88	3.83
18:1	g	10.04			8.54	27.02	35.99
20:1	g	0.04			0.04	0.11	0.15
22:1	g						
Polyunsaturated, total	g	0.90			0.77	2.43	3.24
18:2	g	0.61			0.52	1.63	2.18
18:3	g	0.27			0.23	0.74	0.99
18:4	g						
20:4	g	0.02			0.02	0.06	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	225	300
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.265			0.226	0.714	0.951
Threonine	g	1.035			0.880	2.784	3.708
Isoleucine	g	1.065			0.905	2.865	3.816
Leucine	g	1.873			1.592	5.037	6.709
Lysine	g	1.971			1.675	5.302	7.062
Methionine	g	0.606			0.516	1.631	2.173
Cystine	g	0.265			0.226	0.714	0.951
Phenylalanine	g	0.925			0.786	2.488	3.314
Tyrosine	g	0.796			0.677	2.141	2.852
Valine	g	1.152			0.979	3.100	4.129
Arginine	g	1.497			1.273	4.028	5.365
Histidine	g	0.811			0.689	2.182	2.906
Alanine	g	1.429			1.215	3.844	5.120
Aspartic acid	g	2.164			1.840	5.822	7.755
Glutamic acid	g	3.559			3.025	9.574	12.753
Glycine	g	1.293			1.099	3.477	4.631
Proline	g	1.046			0.889	2.814	3.748
Serine	g	0.906			0.770	2.437	3.246

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion: Mean	Standard error	Number of samples	Amount in edible portion of common measures of food. Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 269 g[1]	Amount in edible portion of 1 pound of food as purchased. Refuse: Bone 23%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.05			44.24	140.02	181.82
Food energy	kcal	297			252	798	1,036
	kJ	1,242			1,056	3,341	4,339
Protein (N x 6.25)	g	24.91			21.17	67.00	87.00
Total lipid (fat)	g	21.11			17.94	56.77	73.72
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09			0.93	2.93	3.81
Minerals:							
Calcium	mg	13			11	35	46
Iron	mg	2.30			1.95	6.18	8.03
Magnesium	mg	23			20	62	81
Phosphorus	mg	184			157	496	644
Potassium	mg	344			293	927	1,203
Sodium	mg	64			54	172	223
Zinc	mg	5.98			5.09	16.10	20.90
Copper	mg	0.090			0.077	0.242	0.315
Manganese	mg	0.014			0.012	0.039	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.25	0.32
Riboflavin	mg	0.19			0.16	0.52	0.68
Niacin	mg	4.22			3.58	11.34	14.73
Pantothenic acid	mg	0.31			0.26	0.82	1.07
Vitamin B-6	mg	0.35			0.30	0.95	1.23
Folate	mcg	7			6	19	25
Vitamin B-12	mcg	3.01			2.56	8.11	10.53
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.54			7.26	22.98	29.84
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.15	0.20
12:0	g	0.05			0.04	0.14	0.18
14:0	g	0.69			0.58	1.85	2.40
16:0	g	5.22			4.43	14.03	18.22
18:0	g	2.53			2.15	6.80	8.84
Monounsaturated, total	g	9.04			7.69	24.33	31.59
16:1	g	0.85			0.72	2.29	2.97
18:1	g	8.16			6.94	21.96	28.51
20:1	g	0.03			0.03	0.08	0.11
22:1	g						
Polyunsaturated, total	g	0.72			0.61	1.94	2.51
18:2	g	0.49			0.42	1.33	1.73
18:3	g	0.20			0.17	0.54	0.71
18:4	g						
20:4	g	0.02			0.02	0.06	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			70	222	289
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.279			0.237	0.750	0.974
Threonine	g	1.088			0.925	2.927	3.800
Isoleucine	g	1.120			0.952	3.012	3.912
Leucine	g	1.969			1.673	5.296	6.877
Lysine	g	2.072			1.761	5.575	7.239
Methionine	g	0.638			0.542	1.715	2.227
Cystine	g	0.279			0.237	0.750	0.974
Phenylalanine	g	0.972			0.827	2.616	3.397
Tyrosine	g	0.837			0.711	2.251	2.923
Valine	g	1.212			1.030	3.259	4.232
Arginine	g	1.574			1.338	4.235	5.499
Histidine	g	0.853			0.725	2.294	2.979
Alanine	g	1.502			1.277	4.042	5.248
Aspartic acid	g	2.276			1.934	6.121	7.949
Glutamic acid	g	3.742			3.181	10.066	13.071
Glycine	g	1.359			1.155	3.656	4.747
Proline	g	1.100			0.935	2.959	3.842
Serine	g	0.952			0.810	2.562	3.327

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 283 g[1]	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.39			41.13	136.94	177.78
Food energy	kcal	347			295	982	1,277
	kJ	1,455			1,236	4,116	5,344
Protein (N x 6.25)	g	22.31			18.96	63.13	81.96
Total lipid (fat)	g	27.96			23.77	79.13	102.73
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.10			0.93	3.10	4.03
Minerals:							
Calcium	mg	13			11	36	46
Iron	mg	2.39			2.03	6.76	8.78
Magnesium	mg	20			17	56	72
Phosphorus	mg	181			154	513	666
Potassium	mg	320			272	905	1,175
Sodium	mg	63			53	178	231
Zinc	mg	4.87			4.14	13.77	17.88
Copper	mg	0.077			0.065	0.218	0.283
Manganese	mg	0.013			0.011	0.038	0.049
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.06			0.05	0.17	0.22
Riboflavin	mg	0.16			0.14	0.45	0.59
Niacin	mg	3.13			2.66	8.86	11.50
Pantothenic acid	mg	0.24			0.20	0.67	0.87
Vitamin B-6	mg	0.24			0.20	0.68	0.88
Folate	mcg	6			5	18	23
Vitamin B-12	mcg	2.85			2.42	8.07	10.48
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.26			9.57	31.86	41.36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.07	0.24	0.31
12:0	g	0.08			0.07	0.22	0.28
14:0	g	0.91			0.77	2.56	3.33
16:0	g	6.94			5.90	19.64	25.50
18:0	g	3.25			2.76	9.19	11.93
Monounsaturated, total	g	12.09			10.28	34.21	44.41
16:1	g	1.21			1.03	3.43	4.45
18:1	g	10.82			9.19	30.61	39.74
20:1	g	0.06			0.05	0.17	0.22
22:1	g						
Polyunsaturated, total	g	1.02			0.87	2.89	3.75
18:2	g	0.67			0.57	1.90	2.47
18:3	g	0.33			0.28	0.94	1.23
18:4	g						
20:4	g	0.01			0.01	0.04	0.05
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			71	236	306
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.250			0.212	0.707	0.918
Threonine	g	0.974			0.828	2.758	3.580
Isoleucine	g	1.003			0.853	2.838	3.685
Leucine	g	1.763			1.499	4.990	6.478
Lysine	g	1.856			1.578	5.253	6.819
Methionine	g	0.571			0.485	1.616	2.098
Cystine	g	0.250			0.212	0.707	0.918
Phenylalanine	g	0.871			0.740	2.465	3.200
Tyrosine	g	0.750			0.637	2.121	2.754
Valine	g	1.085			0.922	3.071	3.987
Arginine	g	1.410			1.198	3.990	5.180
Histidine	g	0.764			0.649	2.162	2.806
Alanine	g	1.346			1.144	3.808	4.944
Aspartic acid	g	2.038			1.732	5.768	7.488
Glutamic acid	g	3.352			2.849	9.485	12.314
Glycine	g	1.217			1.035	3.445	4.472
Proline	g	0.985			0.837	2.788	3.619
Serine	g	0.853			0.725	2.414	3.134

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.15			245.64	15.35	203.89
Food energy	kcal	315			1,429	89	1,186
	kJ	1,318			5,980	374	4,963
Protein (N x 6.25)	g	16.56			75.10	4.69	62.33
Total lipid (fat)	g	27.08			122.62	7.68	101.94
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.79			3.59	0.22	2.98
Minerals:							
Calcium	mg	10			45	3	38
Iron	mg	1.75			7.94	0.50	6.59
Magnesium	mg	16			74	5	61
Phosphorus	mg	158			715	45	593
Potassium	mg	281			1,274	80	1,058
Sodium	mg	53			240	15	199
Zinc	mg	3.56			16.16	1.01	13.41
Copper	mg	0.057			0.258	0.016	0.214
Manganese	mg	0.012			0.053	0.003	0.044
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.36	0.02	0.30
Riboflavin	mg	0.12			0.56	0.04	0.47
Niacin	mg	3.05			13.81	0.86	11.47
Pantothenic acid	mg	0.28			1.26	0.08	1.05
Vitamin B-6	mg	0.34			1.56	0.10	1.30
Folate	mcg	5			23	1	19
Vitamin B-12	mcg	2.94			13.32	0.83	11.06
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.09			50.32	3.15	41.77
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.42	0.03	0.35
12:0	g	0.06			0.29	0.02	0.24
14:0	g	0.88			4.00	0.25	3.32
16:0	g	6.67			30.26	1.89	25.12
18:0	g	3.38			15.35	0.96	12.74
Monounsaturated, total	g	11.77			53.40	3.34	44.32
16:1	g	1.37			6.19	0.39	5.14
18:1	g	10.37			47.02	2.94	39.03
20:1	g	0.04			0.18	0.01	0.15
22:1	g						
Polyunsaturated, total	g	0.96			4.33	0.27	3.60
18:2	g	0.61			2.78	0.17	2.31
18:3	g	0.33			1.49	0.09	1.24
18:4	g						
20:4	g	0.01			0.07	0.00	0.05
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71			322	20	267
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.185			0.841	0.053	0.698
Threonine	g	0.723			3.280	0.205	2.723
Isoleucine	g	0.744			3.376	0.211	2.802
Leucine	g	1.309			5.936	0.371	4.927
Lysine	g	1.377			6.248	0.390	5.186
Methionine	g	0.424			1.922	0.120	1.596
Cystine	g	0.185			0.841	0.053	0.698
Phenylalanine	g	0.646			2.932	0.183	2.433
Tyrosine	g	0.556			2.523	0.158	2.094
Valine	g	0.805			3.653	0.228	3.032
Arginine	g	1.046			4.746	0.297	3.939
Histidine	g	0.567			2.571	0.161	2.134
Alanine	g	0.999			4.530	0.283	3.760
Aspartic acid	g	1.513			6.861	0.429	5.695
Glutamic acid	g	2.487			11.282	0.705	9.365
Glycine	g	0.903			4.097	0.256	3.401
Proline	g	0.731			3.316	0.207	2.753
Serine	g	0.633			2.872	0.179	2.384

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 272 g[1]	Refuse: Bone 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.23			40.15	128.47	171.41
Food energy	kcal	349			297	951	1,268
	kJ	1,463			1,243	3,979	5,309
Protein (N x 6.25)	g	23.52			19.99	63.97	85.34
Total lipid (fat)	g	27.61			23.47	75.10	100.20
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.03			0.87	2.79	3.73
Minerals:							
Calcium	mg	13			11	36	48
Iron	mg	2.18			1.85	5.92	7.90
Magnesium	mg	22			18	59	78
Phosphorus	mg	174			148	472	630
Potassium	mg	322			274	877	1,170
Sodium	mg	62			52	168	224
Zinc	mg	5.54			4.71	15.06	20.09
Copper	mg	0.086			0.073	0.233	0.311
Manganese	mg	0.014			0.012	0.037	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.24	0.31
Riboflavin	mg	0.18			0.16	0.50	0.66
Niacin	mg	3.96			3.36	10.76	14.36
Pantothenic acid	mg	0.29			0.25	0.79	1.06
Vitamin B-6	mg	0.33			0.28	0.90	1.21
Folate	mcg	7			6	18	24
Vitamin B-12	mcg	2.88			2.45	7.83	10.44
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.18			9.50	30.40	40.56
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.07	0.21	0.28
12:0	g	0.07			0.06	0.20	0.27
14:0	g	0.90			0.77	2.45	3.27
16:0	g	6.85			5.82	18.63	24.85
18:0	g	3.27			2.78	8.91	11.88
Monounsaturated, total	g	11.85			10.07	32.23	43.01
16:1	g	1.13			0.96	3.08	4.11
18:1	g	10.67			9.07	29.03	38.74
20:1	g	0.04			0.04	0.12	0.16
22:1	g						
Polyunsaturated, total	g	0.96			0.81	2.61	3.48
18:2	g	0.65			0.55	1.76	2.34
18:3	g	0.29			0.24	0.78	1.04
18:4	g						
20:4	g	0.02			0.02	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	228	304
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.263			0.224	0.716	0.956
Threonine	g	1.027			0.873	2.794	3.728
Isoleucine	g	1.057			0.899	2.876	3.837
Leucine	g	1.859			1.580	5.056	6.745
Lysine	g	1.957			1.663	5.322	7.100
Methionine	g	0.602			0.512	1.638	2.185
Cystine	g	0.263			0.224	0.716	0.956
Phenylalanine	g	0.918			0.780	2.497	3.332
Tyrosine	g	0.790			0.672	2.149	2.867
Valine	g	1.144			0.972	3.111	4.151
Arginine	g	1.486			1.263	4.043	5.394
Histidine	g	0.805			0.684	2.190	2.922
Alanine	g	1.419			1.206	3.858	5.148
Aspartic acid	g	2.148			1.826	5.844	7.797
Glutamic acid	g	3.533			3.003	9.610	12.822
Glycine	g	1.283			1.091	3.490	4.656
Proline	g	1.038			0.883	2.825	3.769
Serine	g	0.899			0.764	2.446	3.263

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 272 g[1]	Refuse: Bone 22%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water g	51.08			43.42	138.93	180.71
Food energy kcal	312			265	848	1,103
kJ	1,305			1,109	3,548	4,615
Protein (N x 6.25) g	24.73			21.02	67.28	87.51
Total lipid (fat) g	22.84			19.41	62.12	80.81
Carbohydrate, total g	0.00			0.00	0.00	0.00
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	1.08			0.92	2.94	3.83
Minerals:						
Calcium mg	13			11	36	47
Iron mg	2.28			1.94	6.21	8.08
Magnesium mg	23			20	63	81
Phosphorus mg	183			155	498	647
Potassium mg	342			290	930	1,209
Sodium mg	64			54	173	225
Zinc mg	5.93			5.04	16.12	20.97
Copper mg	0.090			0.076	0.244	0.317
Manganese mg	0.014			0.012	0.039	0.051
Vitamins:						
Ascorbic acid mg	0			0	0	0
Thiamin mg	0.09			0.08	0.25	0.32
Riboflavin mg	0.19			0.16	0.52	0.68
Niacin mg	4.18			3.56	11.38	14.80
Pantothenic acid mg	0.30			0.26	0.83	1.08
Vitamin B-6 mg	0.35			0.30	0.95	1.24
Folate mcg	7			6	19	25
Vitamin B-12 mcg	3.00			2.55	8.15	10.60
Vitamin A RE	0			0	0	0
IU	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total g	9.24			7.86	25.14	32.71
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.06			0.05	0.16	0.21
12:0 g	0.06			0.05	0.15	0.20
14:0 g	0.74			0.63	2.02	2.63
16:0 g	5.64			4.80	15.35	19.96
18:0 g	2.74			2.33	7.46	9.71
Monounsaturated, total g	9.78			8.32	26.61	34.61
16:1 g	0.92			0.78	2.50	3.25
18:1 g	8.83			7.51	24.03	31.25
20:1 g	0.03			0.03	0.09	0.11
22:1 g						
Polyunsaturated, total g	0.78			0.66	2.11	2.75
18:2 g	0.54			0.46	1.46	1.90
18:3 g	0.21			0.18	0.58	0.76
18:4 g						
20:4 g	0.03			0.02	0.07	0.09
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	83			70	225	293
Phytosterols mg						
Amino acids:						
Tryptophan g	0.277			0.235	0.753	0.980
Threonine g	1.080			0.918	2.939	3.822
Isoleucine g	1.112			0.945	3.025	3.934
Leucine g	1.955			1.662	5.317	6.917
Lysine g	2.058			1.749	5.597	7.281
Methionine g	0.633			0.538	1.722	2.240
Cystine g	0.277			0.235	0.753	0.980
Phenylalanine g	0.966			0.821	2.626	3.416
Tyrosine g	0.831			0.706	2.260	2.940
Valine g	1.203			1.023	3.272	4.256
Arginine g	1.563			1.329	4.252	5.531
Histidine g	0.847			0.720	2.304	2.996
Alanine g	1.492			1.268	4.058	5.278
Aspartic acid g	2.260			1.921	6.146	7.995
Glutamic acid g	3.716			3.159	10.108	13.147
Glycine g	1.349			1.147	3.671	4.774
Proline g	1.092			0.928	2.971	3.864
Serine g	0.946			0.804	2.573	3.346

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 279 g[1]	Refuse: Bone 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.46			39.49	129.62	168.60
Food energy	kcal	367			312	1,023	1,331
	kJ	1,535			1,305	4,282	5,570
Protein (N x 6.25)	g	21.98			18.69	61.34	79.78
Total lipid (fat)	g	30.24			25.70	84.37	109.74
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08			0.92	3.01	3.91
Minerals:							
Calcium	mg	13			11	35	46
Iron	mg	2.35			2.00	6.56	8.54
Magnesium	mg	19			16	54	70
Phosphorus	mg	178			152	497	647
Potassium	mg	314			267	877	1,140
Sodium	mg	62			53	174	226
Zinc	mg	4.77			4.05	13.31	17.31
Copper	mg	0.076			0.065	0.212	0.276
Manganese	mg	0.013			0.011	0.037	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.06			0.05	0.16	0.21
Riboflavin	mg	0.16			0.13	0.44	0.57
Niacin	mg	3.09			2.62	8.61	11.20
Pantothenic acid	mg	0.23			0.20	0.66	0.85
Vitamin B-6	mg	0.24			0.20	0.66	0.86
Folate	mcg	6			5	17	23
Vitamin B-12	mcg	2.82			2.40	7.86	10.23
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	12.19			10.37	34.02	44.25
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.10			0.08	0.27	0.35
12:0	g	0.08			0.07	0.24	0.31
14:0	g	0.98			0.84	2.74	3.57
16:0	g	7.52			6.39	20.97	27.28
18:0	g	3.51			2.99	9.80	12.75
Monounsaturated, total	g	13.08			11.12	36.49	47.46
16:1	g	1.33			1.13	3.70	4.81
18:1	g	11.69			9.94	32.61	42.42
20:1	g	0.06			0.05	0.18	0.23
22:1	g						
Polyunsaturated, total	g	1.11			0.94	3.08	4.01
18:2	g	0.72			0.61	2.01	2.62
18:3	g	0.37			0.31	1.03	1.34
18:4	g						
20:4	g	0.01			0.01	0.04	0.05
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	233	303
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.246			0.209	0.687	0.894
Threonine	g	0.960			0.816	2.679	3.485
Isoleucine	g	0.988			0.840	2.758	3.587
Leucine	g	1.738			1.477	4.848	6.306
Lysine	g	1.829			1.555	5.103	6.638
Methionine	g	0.563			0.478	1.570	2.042
Cystine	g	0.246			0.209	0.687	0.894
Phenylalanine	g	0.858			0.730	2.395	3.115
Tyrosine	g	0.739			0.628	2.061	2.681
Valine	g	1.069			0.909	2.983	3.881
Arginine	g	1.389			1.181	3.876	5.042
Histidine	g	0.753			0.640	2.100	2.732
Alanine	g	1.326			1.127	3.700	4.812
Aspartic acid	g	2.008			1.707	5.604	7.289
Glutamic acid	g	3.303			2.807	9.215	11.986
Glycine	g	1.199			1.020	3.346	4.353
Proline	g	0.971			0.825	2.709	3.523
Serine	g	0.841			0.715	2.345	3.051

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 15%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water .... g	56.85			257.87	16.12	219.21
Food energy .... kcal	286			1,296	81	1,102
.... kJ	1,196			5,425	339	4,611
Protein (N x 6.25) .... g	16.91			76.72	4.79	65.22
Total lipid (fat) .... g	23.67			107.35	6.71	91.26
Carbohydrate, total .... g	0.00			0.00	0.00	0.00
Crude fiber .... g	0.00			0.00	0.00	0.00
Ash .... g	0.81			3.69	0.23	3.13
Minerals:						
Calcium .... mg	10			45	3	39
Iron .... mg	1.79			8.14	0.51	6.92
Magnesium .... mg	17			77	5	65
Phosphorus .... mg	161			732	46	623
Potassium .... mg	290			1,316	82	1,119
Sodium .... mg	54			244	15	208
Zinc .... mg	3.67			16.66	1.04	14.16
Copper .... mg	0.058			0.262	0.016	0.223
Manganese .... mg	0.012			0.054	0.003	0.046
Vitamins:						
Ascorbic acid .... mg	0			0	0	0
Thiamin .... mg	0.08			0.36	0.02	0.31
Riboflavin .... mg	0.13			0.57	0.04	0.49
Niacin .... mg	3.11			14.13	0.88	12.01
Pantothenic acid .... mg	0.28			1.20	0.08	1.10
Vitamin B-6 .... mg	0.35			1.60	0.10	1.36
Folate .... mcg	5			24	1	20
Vitamin B-12 .... mcg	3.00			13.61	0.85	11.57
Vitamin A .... RE	0			0	0	0
.... IU	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total .... g	9.71			44.05	2.75	37.45
4:0 .... g						
6:0 .... g						
8:0 .... g						
10:0 .... g	0.08			0.38	0.02	0.32
12:0 .... g	0.06			0.26	0.02	0.22
14:0 .... g	0.77			3.51	0.22	2.99
16:0 .... g	5.84			26.49	1.66	22.52
18:0 .... g	2.96			13.41	0.84	11.40
Monounsaturated, total .... g	10.29			46.69	2.92	39.69
16:1 .... g	1.20			5.46	0.34	4.64
18:1 .... g	9.05			41.07	2.57	34.91
20:1 .... g	0.04			0.16	0.01	0.14
22:1 .... g						
Polyunsaturated, total .... g	0.84			3.80	0.24	3.23
18:2 .... g	0.53			2.41	0.15	2.05
18:3 .... g	0.29			1.34	0.08	1.14
18:4 .... g						
20:4 .... g	0.01			0.05	0.00	0.04
20:5 .... g						
22:5 .... g						
22:6 .... g						
Cholesterol .... mg	70			317	20	269
Phytosterols .... mg						
Amino acids:						
Tryptophan .... g	0.186			0.859	0.054	0.730
Threonine .... g	0.739			3.351	0.209	2.849
Isoleucine .... g	0.760			3.449	0.216	2.932
Leucine .... g	1.337			6.064	0.379	5.155
Lysine .... g	1.407			6.383	0.399	5.426
Methionine .... g	0.433			1.964	0.123	1.670
Cystine .... g	0.189			0.859	0.054	0.730
Phenylalanine .... g	0.660			2.995	0.187	2.546
Tyrosine .... g	0.568			2.578	0.161	2.191
Valine .... g	0.823			3.732	0.233	3.172
Arginine .... g	1.069			4.849	0.303	4.122
Histidine .... g	0.579			2.627	0.164	2.233
Alanine .... g	1.020			4.628	0.289	3.934
Aspartic acid .... g	1.545			7.009	0.438	5.958
Glutamic acid .... g	2.541			11.526	0.720	9.798
Glycine .... g	0.923			4.186	0.262	3.558
Proline .... g	0.747			3.388	0.212	2.880
Serine .... g	0.647			2.934	0.183	2.494

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 265 g[1]	Refuse: Bone 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	49.07			41.71	130.04	173.61
Food energy	kcal	321			273	850	1,134
	kJ	1,342			1,141	3,557	4,749
Protein (N x 6.25)	g	23.86			20.28	63.24	84.43
Total lipid (fat)	g	24.25			20.61	64.27	85.80
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04			0.89	2.76	3.69
Minerals:							
Calcium	mg	13			11	35	47
Iron	mg	2.21			1.88	5.85	7.81
Magnesium	mg	22			19	58	78
Phosphorus	mg	176			150	467	624
Potassium	mg	328			279	869	1,160
Sodium	mg	62			53	165	220
Zinc	mg	5.65			4.80	14.97	19.98
Copper	mg	0.087			0.074	0.230	0.307
Manganese	mg	0.014			0.012	0.037	0.049
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.23	0.31
Riboflavin	mg	0.19			0.16	0.49	0.66
Niacin	mg	4.02			3.42	10.66	14.23
Pantothenic acid	mg	0.29			0.25	0.78	1.04
Vitamin B-6	mg	0.34			0.29	0.89	1.19
Folate	mcg	7			6	18	24
Vitamin B-12	mcg	2.91			2.48	7.72	10.30
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.82			8.35	26.02	34.74
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.19	0.25
12:0	g	0.07			0.06	0.18	0.24
14:0	g	0.79			0.68	2.10	2.81
16:0	g	6.03			5.12	15.97	21.32
18:0	g	2.86			2.43	7.58	10.12
Monounsaturated, total	g	10.42			8.[illegible]	27.61	36.86
16:1	g	1.00			0.85	2.66	3.55
18:1	g	9.37			7.97	24.84	33.16
20:1	g	0.04			0.03	0.11	0.14
22:1	g						
Polyunsaturated, total	g	0.85			0.72	2.25	3.00
18:2	g	0.57			0.48	1.50	2.00
18:3	g	0.26			0.22	0.70	0.93
18:4	g						
20:4	g	0.02			0.02	0.05	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	222	296
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.267			0.227	0.708	0.946
Threonine	g	1.042			0.886	2.762	3.688
Isoleucine	g	1.073			0.912	2.843	3.796
Leucine	g	1.886			1.603	4.999	6.674
Lysine	g	1.986			1.688	5.262	7.025
Methionine	g	0.611			0.519	1.619	2.161
Cystine	g	0.267			0.227	0.708	0.946
Phenylalanine	g	0.932			0.792	2.469	3.296
Tyrosine	g	0.802			0.682	2.125	2.837
Valine	g	1.161			0.987	3.076	4.107
Arginine	g	1.508			1.282	3.997	5.336
Histidine	g	0.817			0.695	2.165	2.891
Alanine	g	1.440			1.224	3.815	5.093
Aspartic acid	g	2.180			1.853	5.778	7.714
Glutamic acid	g	3.585			3.048	9.501	12.685
Glycine	g	1.302			1.107	3.450	4.607
Proline	g	1.054			0.896	2.793	3.729
Serine	g	0.913			0.776	2.418	3.229

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 265 g[1]	Refuse: Bone 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.79			44.87	139.89	181.97
Food energy	kcal	285			242	755	982
	kJ	1,193			1,014	3,160	4,111
Protein (N x 6.25)	g	24.91			21.17	66.01	85.86
Total lipid (fat)	g	19.79			16.82	52.45	68.23
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09			0.93	2.89	3.76
Minerals:							
Calcium	mg	13			11	35	45
Iron	mg	2.30			1.95	6.09	7.92
Magnesium	mg	23			20	62	80
Phosphorus	mg	184			157	488	635
Potassium	mg	344			293	913	1,187
Sodium	mg	64			54	169	220
Zinc	mg	5.98			5.09	15.86	20.63
Copper	mg	0.090			0.077	0.230	0.311
Manganese	mg	0.014			0.012	0.036	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.24	0.32
Riboflavin	mg	0.19			0.16	0.51	0.67
Niacin	mg	4.22			3.58	11.17	14.53
Pantothenic acid	mg	0.31			0.26	0.81	1.06
Vitamin B-6	mg	0.35			0.30	0.94	1.22
Folate	mcg	7			6	19	24
Vitamin B-12	mcg	3.01			2.56	7.99	10.39
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.01			6.81	21.23	27.62
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.05	0.15	0.19
12:0	g	0.05			0.04	0.14	0.18
14:0	g	0.65			0.55	1.71	2.23
16:0	g	4.90			4.17	13.00	16.90
18:0	g	2.36			2.00	6.24	8.12
Monounsaturated, total	g	8.49			7.22	22.50	29.27
16:1	g	0.81			0.69	2.14	2.78
18:1	g	7.65			6.51	20.28	26.38
20:1	g	0.03			0.03	0.08	0.11
22:1	g						
Polyunsaturated, total	g	0.68			0.58	1.81	2.35
18:2	g	0.46			0.39	1.23	1.60
18:3	g	0.20			0.17	0.53	0.69
18:4	g						
20:4	g	0.02			0.02	0.05	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			70	219	285
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.279			0.237	0.739	0.962
Threonine	g	1.088			0.925	2.883	3.750
Isoleucine	g	1.120			0.952	2.968	3.860
Leucine	g	1.969			1.673	5.217	6.786
Lysine	g	2.072			1.761	5.492	7.143
Methionine	g	0.638			0.542	1.690	2.196
Cystine	g	0.279			0.237	0.739	0.962
Phenylalanine	g	0.972			0.827	2.577	3.352
Tyrosine	g	0.837			0.711	2.218	2.885
Valine	g	1.212			1.030	3.211	4.176
Arginine	g	1.574			1.338	4.172	5.426
Histidine	g	0.853			0.725	2.260	2.940
Alanine	g	1.502			1.277	3.981	5.179
Aspartic acid	g	2.276			1.934	6.030	7.844
Glutamic acid	g	3.742			3.181	9.917	12.899
Glycine	g	1.359			1.155	3.601	4.684
Proline	g	1.100			0.935	2.915	3.791
Serine	g	0.952			0.810	2.524	3.283

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 286 g[1]	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50.07			42.56	143.19	186.25
Food energy	kcal	331			282	948	1,233
	kJ	1,388			1,179	3,968	5,162
Protein (N x 6.25)	g	22.47			19.10	64.26	83.59
Total lipid (fat)	g	26.11			22.19	74.67	97.13
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.10			0.94	3.16	4.11
Minerals:							
Calcium	mg	13			11	36	47
Iron	mg	2.41			2.05	6.89	8.96
Magnesium	mg	20			17	57	74
Phosphorus	mg	183			155	522	680
Potassium	mg	323			274	923	1,200
Sodium	mg	63			54	181	235
Zinc	mg	4.91			4.18	14.05	18.28
Copper	mg	0.077			0.066	0.221	0.288
Manganese	mg	0.013			0.011	0.039	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.06			0.05	0.17	0.22
Riboflavin	mg	0.16			0.14	0.46	0.60
Niacin	mg	3.15			2.68	9.01	11.73
Pantothenic acid	mg	0.24			0.20	0.68	0.89
Vitamin B-6	mg	0.24			0.21	0.69	0.90
Folate	mcg	6			5	18	24
Vitamin B-12	mcg	2.87			2.44	8.21	10.68
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.49			8.92	30.01	39.04
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.07	0.22	0.29
12:0	g	0.07			0.06	0.20	0.26
14:0	g	0.84			0.72	2.41	3.14
16:0	g	6.47			5.50	18.52	24.09
18:0	g	3.03			2.57	8.66	11.26
Monounsaturated, total	g	11.28			9.59	32.27	41.97
16:1	g	1.12			0.95	3.19	4.15
18:1	g	10.11			8.59	28.92	37.61
20:1	g	0.06			0.05	0.16	0.20
22:1	g						
Polyunsaturated, total	g	0.95			0.81	2.72	3.54
18:2	g	0.63			0.54	1.81	2.35
18:3	g	0.30			0.26	0.87	1.13
18:4	g						
20:4	g	0.01			0.01	0.04	0.06
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			71	238	309
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.252			0.214	0.720	0.936
Threonine	g	0.981			0.834	2.807	3.651
Isoleucine	g	1.010			0.859	2.889	3.758
Leucine	g	1.776			1.510	5.079	6.607
Lysine	g	1.869			1.589	5.347	6.955
Methionine	g	0.575			0.489	1.645	2.140
Cystine	g	0.252			0.214	0.720	0.936
Phenylalanine	g	0.877			0.746	2.509	3.263
Tyrosine	g	0.755			0.642	2.159	2.809
Valine	g	1.093			0.929	3.126	4.066
Arginine	g	1.420			1.207	4.061	5.283
Histidine	g	0.769			0.654	2.200	2.862
Alanine	g	1.355			1.152	3.876	5.042
Aspartic acid	g	2.053			1.745	5.871	7.637
Glutamic acid	g	3.376			2.869	9.655	12.558
Glycine	g	1.226			1.042	3.506	4.561
Proline	g	0.992			0.843	2.838	3.691
Serine	g	0.859			0.730	2.457	3.196

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 18%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water *g*	52.51			238.16	14.89	195.33
Food energy *kcal*	342			1,551	97	1,272
kJ	1,432			6,494	406	5,326
Protein (N x 6.25) *g*	16.56			75.10	4.69	61.59
Total lipid (fat) *g*	30.08			136.44	8.53	111.90
Carbohydrate, total *g*	0.00			0.00	0.00	0.00
Crude fiber *g*	0.00			0.00	0.00	0.00
Ash *g*	0.79			3.59	0.22	2.94
Minerals:						
Calcium *mg*	10			45	3	37
Iron *mg*	1.75			7.94	0.50	6.51
Magnesium *mg*	16			74	5	61
Phosphorus *mg*	158			715	45	586
Potassium *mg*	281			1,274	80	1,045
Sodium *mg*	53			240	15	196
Zinc *mg*	3.56			16.16	1.01	13.25
Copper *mg*	0.057			0.258	0.016	0.211
Manganese *mg*	0.012			0.053	0.003	0.043
Vitamins:						
Ascorbic acid *mg*	0			0	0	0
Thiamin *mg*	0.08			0.36	0.02	0.29
Riboflavin *mg*	0.12			0.56	0.04	0.46
Niacin *mg*	3.05			13.81	0.86	11.33
Pantothenic acid *mg*	0.28			1.26	0.08	1.03
Vitamin B-6 *mg*	0.34			1.56	0.10	1.28
Folate *mcg*	5			23	1	19
Vitamin B-12 *mcg*	2.94			13.32	0.83	10.93
Vitamin A *RE*	0			0	0	0
IU	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total *g*	12.45			56.47	3.53	46.31
4:0 *g*						
6:0 *g*						
8:0 *g*						
10:0 *g*	0.10			0.45	0.03	0.37
12:0 *g*	0.07			0.32	0.02	0.26
14:0 *g*	0.97			4.40	0.27	3.61
16:0 *g*	7.37			33.43	2.09	27.42
18:0 *g*	3.77			17.10	1.07	14.03
Monounsaturated, total *g*	13.23			60.02	3.75	49.22
16:1 *g*	1.47			6.68	0.42	5.48
18:1 *g*	11.55			52.40	3.27	42.97
20:1 *g*	0.04			0.18	0.01	0.15
22:1 *g*						
Polyunsaturated, total *g*	1.07			4.85	0.30	3.98
18:2 *g*	0.70			3.17	0.20	2.60
18:3 *g*	0.33			1.52	0.09	1.25
18:4 *g*						
20:4 *g*	0.03			0.13	0.01	0.10
20:5 *g*						
22:5 *g*						
22:6 *g*						
Cholesterol *mg*	71			322	20	264
Phytosterols *mg*						
Amino acids:						
Tryptophan *g*	0.185			0.841	0.053	0.690
Threonine *g*	0.723			3.280	0.205	2.690
Isoleucine *g*	0.744			3.376	0.211	2.769
Leucine *g*	1.309			5.936	0.371	4.868
Lysine *g*	1.377			6.248	0.390	5.124
Methionine *g*	0.424			1.922	0.120	1.577
Cystine *g*	0.185			0.841	0.053	0.690
Phenylalanine *g*	0.646			2.932	0.183	2.404
Tyrosine *g*	0.556			2.523	0.158	2.069
Valine *g*	0.805			3.653	0.228	2.996
Arginine *g*	1.046			4.746	0.297	3.892
Histidine *g*	0.567			2.571	0.161	2.109
Alanine *g*	0.999			4.530	0.283	3.715
Aspartic acid *g*	1.513			6.861	0.429	5.627
Glutamic acid *g*	2.487			11.282	0.705	9.253
Glycine *g*	0.903			4.097	0.256	3.360
Proline *g*	0.731			3.316	0.207	2.720
Serine *g*	0.633			2.872	0.179	2.355

BEEF, RIB, SMALL END (10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 272 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	46.81			39.79	127.41	169.86
Food energy	kcal	361			307	982	1,309
	kJ	1,510			1,283	4,109	5,478
Protein (N x 6.25)	g	23.86			20.28	64.96	86.60
Total lipid (fat)	g	28.68			24.38	78.07	104.09
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04			0.89	2.84	3.78
Minerals:							
Calcium	mg	13			11	36	48
Iron	mg	2.21			1.88	6.01	8.01
Magnesium	mg	22			19	60	80
Phosphorus	mg	176			150	480	640
Potassium	mg	328			279	893	1,190
Sodium	mg	62			53	170	226
Zinc	mg	5.65			4.80	15.37	20.50
Copper	mg	0.087			0.074	0.236	0.315
Manganese	mg	0.014			0.012	0.038	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.24	0.32
Riboflavin	mg	0.19			0.16	0.51	0.67
Niacin	mg	4.02			3.42	10.95	14.59
Pantothenic acid	mg	0.29			0.25	0.80	1.07
Vitamin B-6	mg	0.34			0.29	0.92	1.23
Folate	mcg	7			6	19	25
Vitamin B-12	mcg	2.91			2.48	7.93	10.57
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	11.84			10.07	32.24	42.98
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.20	0.26
12:0	g	0.07			0.06	0.18	0.25
14:0	g	0.94			0.80	2.55	3.40
16:0	g	7.09			6.03	19.31	25.74
18:0	g	3.45			2.93	9.40	12.53
Monounsaturated, total	g	12.48			10.61	33.97	45.28
16:1	g	1.16			0.98	3.15	4.20
18:1	g	11.10			9.43	30.21	40.28
20:1	g	0.05			0.04	0.13	0.18
22:1	g						
Polyunsaturated, total	g	1.00			0.85	2.71	3.61
18:2	g	0.67			0.57	1.82	2.43
18:3	g	0.27			0.23	0.74	0.99
18:4	g						
20:4	g	0.04			0.03	0.10	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	228	303
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.267			0.227	0.728	0.970
Threonine	g	1.042			0.886	2.837	3.783
Isoleucine	g	1.073			0.912	2.921	3.894
Leucine	g	1.886			1.603	5.134	6.845
Lysine	g	1.986			1.688	5.405	7.205
Methionine	g	0.611			0.519	1.663	2.217
Cystine	g	0.267			0.227	0.728	0.970
Phenylalanine	g	0.932			0.792	2.536	3.381
Tyrosine	g	0.802			0.682	2.183	2.910
Valine	g	1.161			0.987	3.160	4.212
Arginine	g	1.508			1.282	4.105	5.473
Histidine	g	0.817			0.695	2.224	2.965
Alanine	g	1.440			1.224	3.918	5.224
Aspartic acid	g	2.180			1.853	5.935	7.912
Glutamic acid	g	3.585			3.048	9.759	13.011
Glycine	g	1.302			1.107	3.544	4.725
Proline	g	1.054			0.896	2.869	3.824
Serine	g	0.913			0.776	2.484	3.312

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 276 g[1]	Refuse: Bone 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	41.33			35.13	114.03	148.13
Food energy	kcal	417			354	1,151	1,495
	kJ	1,746			1,484	4,817	6,257
Protein (N x 6.25)	g	21.91			18.62	60.45	78.53
Total lipid (fat)	g	35.86			30.48	98.94	128.53
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.90			0.76	2.48	3.22
Minerals:							
Calcium	mg	13			11	37	48
Iron	mg	1.93			1.64	5.32	6.91
Magnesium	mg	19			16	53	69
Phosphorus	mg	176			150	486	631
Potassium	mg	318			271	879	1,142
Sodium	mg	65			55	179	232
Zinc	mg	4.75			4.04	13.11	17.03
Copper	mg	0.076			0.064	0.209	0.272
Manganese	mg	0.013			0.011	0.037	0.048
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.06			0.05	0.18	0.23
Riboflavin	mg	0.16			0.14	0.45	0.59
Niacin	mg	3.01			2.56	8.30	10.78
Pantothenic acid	mg	0.35			0.30	0.97	1.26
Vitamin B-6	mg	0.30			0.26	0.83	1.08
Folate	mcg	6			6	18	23
Vitamin B-12	mcg	2.84			2.42	7.85	10.20
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	14.81			12.59	40.85	53.07
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.09			0.07	0.24	0.32
12:0	g	0.08			0.07	0.23	0.29
14:0	g	1.17			0.99	3.22	4.18
16:0	g	8.87			7.54	24.46	31.78
18:0	g	4.31			3.66	11.89	15.45
Monounsaturated, total	g	15.60			13.26	43.03	55.90
16:1	g	1.45			1.23	3.99	5.18
18:1	g	13.87			11.79	38.26	49.70
20:1	g	0.06			0.05	0.16	0.21
22:1	g						
Polyunsaturated, total	g	1.25			1.06	3.44	4.47
18:2	g	0.84			0.71	2.31	3.00
18:3	g	0.35			0.29	0.96	1.24
18:4	g						
20:4	g	0.04			0.04	0.12	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			72	233	303
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.245			0.209	0.677	0.880
Threonine	g	0.957			0.814	2.641	3.430
Isoleucine	g	0.985			0.837	2.718	3.531
Leucine	g	1.732			1.472	4.778	6.207
Lysine	g	1.823			1.550	5.030	6.534
Methionine	g	0.561			0.477	1.548	2.010
Cystine	g	0.245			0.209	0.677	0.880
Phenylalanine	g	0.855			0.727	2.360	3.066
Tyrosine	g	0.736			0.626	2.031	2.639
Valine	g	1.066			0.906	2.940	3.820
Arginine	g	1.385			1.177	3.821	4.963
Histidine	g	0.750			0.638	2.070	2.689
Alanine	g	1.322			1.123	3.647	4.737
Aspartic acid	g	2.002			1.702	5.523	7.174
Glutamic acid	g	3.292			2.798	9.082	11.798
Glycine	g	1.195			1.016	3.298	4.285
Proline	g	0.968			0.822	2.670	3.468
Serine	g	0.838			0.712	2.312	3.003

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 201 g[1]	Refuse: Bone 21% Separable fat 20%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.00			49.30	116.58	155.21
Food energy	kcal	221			188	444	591
	kJ	924			785	1,857	2,473
Protein (N x 6.25)	g	28.04	0.520	10	23.83	56.36	75.03
Total lipid (fat)	g	11.20			9.52	22.51	29.97
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23	0.036	9	1.05	2.47	3.29
Minerals:							
Calcium	mg	13	1.314	9	11	26	35
Iron	mg	2.57	0.142	9	2.18	5.17	6.88
Magnesium	mg	27	0.821	9	23	54	72
Phosphorus	mg	208			177	418	557
Potassium	mg	394	10.256	9	335	792	1,054
Sodium	mg	69	4.965	9	59	139	185
Zinc	mg	6.99	0.696	8	5.94	14.05	18.71
Copper	mg	0.100	0.006	8	0.085	0.201	0.268
Manganese	mg	0.016			0.014	0.032	0.043
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10	0.010	10	0.09	0.21	0.28
Riboflavin	mg	0.22	0.007	9	0.18	0.43	0.58
Niacin	mg	4.80	0.140	10	4.08	9.65	12.84
Pantothenic acid	mg	0.34			0.29	0.68	0.91
Vitamin B-6	mg	0.40			0.34	0.80	1.07
Folate	mcg	8	0.733	10	7	16	21
Vitamin B-12	mcg	3.32	0.570	10	2.82	6.67	8.88
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.52			3.85	9.09	12.11
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		7	0.01	0.02	0.03
12:0	g	0.01		7	0.01	0.02	0.03
14:0	g	0.35		7	0.30	0.70	0.94
16:0	g	2.68		7	2.28	5.38	7.16
18:0	g	1.48		7	1.26	2.97	3.96
Monounsaturated, total	g	4.72			4.02	9.50	12.64
16:1	g	0.38		7	0.32	0.76	1.02
18:1	g	4.35		7	3.69	8.73	11.63
20:1	g	0.00		7	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.32			0.27	0.64	0.86
18:2	g	0.27		7	0.23	0.54	0.72
18:3	g	0.02		7	0.02	0.04	0.05
18:4	g						
20:4	g	0.03		7	0.03	0.06	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80	1.472	7	68	161	214
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.631	0.840
Threonine	g	1.225			1.041	2.462	3.277
Isoleucine	g	1.261			1.071	2.534	3.373
Leucine	g	2.216			1.884	4.454	5.930
Lysine	g	2.333			1.983	4.689	6.242
Methionine	g	0.718			0.610	1.443	1.921
Cystine	g	0.314			0.267	0.631	0.840
Phenylalanine	g	1.095			0.930	2.200	2.929
Tyrosine	g	0.942			0.801	1.894	2.521
Valine	g	1.364			1.159	2.741	3.649
Arginine	g	1.772			1.506	3.562	4.742
Histidine	g	0.960			0.816	1.930	2.569
Alanine	g	1.691			1.438	3.399	4.526
Aspartic acid	g	2.562			2.177	5.149	6.855
Glutamic acid	g	4.212			3.580	8.467	11.272
Glycine	g	1.530			1.300	3.075	4.094
Proline	g	1.238			1.052	2.489	3.313
Serine	g	1.072			0.911	2.155	2.869

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 220 g[1]	Refuse: Bone 23 % Separable fat 14 %
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.40			50.49	130.68	169.77
Food energy	kcal	213			181	468	608
	kJ	890			757	1,958	2,544
Protein (N x 6.25)	g	28.04	0.520	10	23.83	61.68	80.13
Total lipid (fat)	g	10.30			8.75	22.66	29.44
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23	0.036	9	1.05	2.71	3.52
Minerals:							
Calcium	mg	13	1.314	9	11	29	37
Iron	mg	2.57	0.142	9	2.18	5.65	7.35
Magnesium	mg	27	0.821	9	23	59	77
Phosphorus	mg	208		1	177	458	594
Potassium	mg	394	10.256	9	335	867	1,126
Sodium	mg	69	4.965	9	59	152	197
Zinc	mg	6.99	0.696	8	5.94	15.38	19.98
Copper	mg	0.100	0.006	8	0.085	0.220	0.286
Manganese	mg	0.016			0.014	0.035	0.046
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10	0.010	10	0.09	0.23	0.30
Riboflavin	mg	0.22	0.007	9	0.18	0.48	0.62
Niacin	mg	4.80	0.140	10	4.08	10.56	13.72
Pantothenic acid	mg	0.34			0.29	0.75	0.97
Vitamin B-6	mg	0.40			0.34	0.88	1.14
Folate	mcg	8	0.733	10	7	18	23
Vitamin B 12	mcg	3.32	0.570	10	2.82	7.30	9.49
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.16			3.54	9.15	11.89
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		7	0.01	0.02	0.03
12:0	g	0.01		7	0.01	0.02	0.03
14:0	g	0.32		7	0.27	0.71	0.92
16:0	g	2.46		7	2.09	5.42	7.04
18:0	g	1.36		7	1.16	2.99	3.89
Monounsaturated, total	g	4.34			3.69	9.56	12.42
16:1	g	0.35		7	0.30	0.77	1.00
18:1	g	4.00		7	3.40	8.79	11.42
20:1	g	0.00		7	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.29			0.25	0.65	0.84
18:2	g	0.25		7	0.21	0.55	0.71
18:3	g	0.02		7	0.02	0.04	0.05
18:4	g						
20:4	g	0.03		7	0.02	0.06	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80	1.472	7	68	176	229
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.691	0.897
Threonine	g	1.225			1.041	2.694	3.500
Isoleucine	g	1.261			1.071	2.773	3.603
Leucine	g	2.216			1.884	4.875	6.334
Lysine	g	2.333			1.983	5.132	6.667
Methionine	g	0.718			0.610	1.579	2.051
Cystine	g	0.314			0.267	0.691	0.897
Phenylalanine	g	1.095			0.930	2.408	3.128
Tyrosine	g	0.942			0.801	2.073	2.692
Valine	g	1.364			1.159	3.000	3.898
Arginine	g	1.772			1.506	3.898	5.064
Histidine	g	0.960			0.816	2.112	2.744
Alanine	g	1.691			1.438	3.721	4.834
Aspartic acid	g	2.562			2.177	5.635	7.321
Glutamic acid	g	4.212			3.580	9.267	12.039
Glycine	g	1.530			1.300	3.365	4.372
Proline	g	1.238			1.052	2.724	3.539
Serine	g	1.072			0.911	2.359	3.064

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[1] Raw weight includes refuse, cooked weight excludes refuse.

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BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 203 g[1]	Refuse: Bone 19% Separable fat 23%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.98			50.98	121.76	121.52
Food energy	kcal	218			185	443	442
	kJ	913			776	1,854	1,851
Protein (N x 6.25)	g	26.84			22.82	54.49	54.38
Total lipid (fat)	g	11.49			9.76	23.32	23.27
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.35			1.14	2.73	2.73
Minerals:							
Calcium	mg	12			10	24	24
Iron	mg	2.91			2.47	5.90	5.89
Magnesium	mg	25			21	51	51
Phosphorus	mg	222			189	451	450
Potassium	mg	398			338	808	806
Sodium	mg	71			61	145	145
Zinc	mg	6.21			5.28	12.61	12.59
Copper	mg	0.089			0.076	0.181	0.181
Manganese	mg	0.016			0.013	0.032	0.032
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.14	0.14
Riboflavin	mg	0.19			0.16	0.38	0.38
Niacin	mg	3.74			3.18	7.60	7.58
Pantothenic acid	mg	0.27			0.23	0.55	0.55
Vitamin B-6	mg	0.28			0.24	0.57	0.57
Folate	mcg	8			6	15	15
Vitamin B-12	mcg	3.33			2.83	6.76	6.75
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.55			3.87	9.24	9.22
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.03	0.03
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.34			0.29	0.70	0.70
16:0	g	2.73			2.32	5.54	5.53
18:0	g	1.45			1.24	2.95	2.95
Monounsaturated, total	g	4.95			4.21	10.04	10.02
16:1	g	0.46			0.39	0.94	0.94
18:1	g	4.47			3.80	9.07	9.06
20:1	g	0.02			0.01	0.03	0.03
22:1	g						
Polyunsaturated, total	g	0.38			0.33	0.78	0.77
18:2	g	0.30			0.26	0.62	0.61
18:3	g	0.06			0.05	0.12	0.12
18:4	g						
20:4	g	0.02			0.02	0.04	0.04
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79			67	160	159
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.301			0.256	0.610	0.609
Threonine	g	1.172			0.997	2.380	2.375
Isoleucine	g	1.207			1.026	2.450	2.445
Leucine	g	2.122			1.803	4.307	4.298
Lysine	g	2.233			1.898	4.534	4.525
Methionine	g	0.687			0.584	1.395	1.392
Cystine	g	0.301			0.256	0.610	0.609
Phenylalanine	g	1.048			0.891	2.127	2.123
Tyrosine	g	0.902			0.767	1.831	1.827
Valine	g	1.306			1.110	2.650	2.645
Arginine	g	1.696			1.442	3.444	3.437
Histidine	g	0.919			0.781	1.866	1.862
Alanine	g	1.619			1.376	3.287	3.280
Aspartic acid	g	2.452			2.084	4.978	4.968
Glutamic acid	g	4.033			3.428	8.187	8.171
Glycine	g	1.465			1.245	2.973	2.967
Proline	g	1.185			1.008	2.406	2.402
Serine	g	1.026			0.872	2.084	2.080

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 201 g[1]	Refuse: Bone 20% Separable fat 21%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.30			48.70	115.17	153.33
Food energy	kcal	233			198	469	625
	kJ	977			830	1,964	2,614
Protein (N x 6.25)	g	28.04			23.83	56.36	75.03
Total lipid (fat)	g	12.60			10.71	25.33	33.72
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.05	2.47	3.29
Minerals:							
Calcium	mg	13			11	26	35
Iron	mg	2.57			2.18	5.17	6.86
Magnesium	mg	27			23	54	72
Phosphorus	mg	208			177	418	557
Potassium	mg	394			335	792	1,054
Sodium	mg	69			59	139	185
Zinc	mg	6.99			5.94	14.05	18.71
Copper	mg	0.100			0.085	0.201	0.268
Manganese	mg	0.016			0.014	0.032	0.043
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.09	0.21	0.28
Riboflavin	mg	0.22			0.18	0.43	0.58
Niacin	mg	4.80			4.08	9.65	12.84
Pantothenic acid	mg	0.34			0.29	0.68	0.91
Vitamin B-6	mg	0.40			0.34	0.80	1.07
Folate	mcg	8			7	16	21
Vitamin B-12	mcg	3.32			2.82	6.67	8.88
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.09			4.33	10.23	13.62
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.39			0.33	0.79	1.05
16:0	g	3.01			2.56	6.05	8.06
18:0	g	1.66			1.41	3.34	4.45
Monounsaturated, total	g	5.32			4.52	10.68	14.22
16:1	g	0.43			0.36	0.86	1.14
18:1	g	4.89			4.15	9.83	13.08
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.36			0.31	0.72	0.96
18:2	g	0.30			0.26	0.61	0.81
18:3	g	0.02			0.02	0.05	0.06
18:4	g						
20:4	g	0.03			0.03	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	161	214
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.631	0.840
Threonine	g	1.225			1.041	2.462	3.277
Isoleucine	g	1.261			1.071	2.534	3.373
Leucine	g	2.216			1.884	4.454	5.930
Lysine	g	2.333			1.983	4.689	6.242
Methionine	g	0.718			0.610	1.443	1.921
Cystine	g	0.314			0.267	0.631	0.840
Phenylalanine	g	1.095			0.930	2.200	2.929
Tyrosine	g	0.942			0.801	1.894	2.521
Valine	g	1.364			1.159	2.741	3.649
Arginine	g	1.772			1.506	3.562	4.742
Histidine	g	0.960			0.816	1.930	2.569
Alanine	g	1.691			1.438	3.399	4.526
Aspartic acid	g	2.562			2.177	5.149	6.855
Glutamic acid	g	4.212			3.580	8.467	11.272
Glycine	g	1.530			1.300	3.075	4.094
Proline	g	1.238			1.052	2.489	3.313
Serine	g	1.072			0.911	2.155	2.869

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 220 g[1]	Refuse: Bone 22% Separable fat 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.70			49.89	129.14	167.71
Food energy	kcal	225			191	496	644
	kJ	943			801	2,074	2,694
Protein (N x 6.25)	g	28.04			23.83	61.68	80.10
Total lipid (fat)	g	11.70			9.94	25.74	33.43
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.23			1.05	2.71	3.51
Minerals:							
Calcium	mg	13			11	29	37
Iron	mg	2.57			2.18	5.65	7.34
Magnesium	mg	27			23	59	77
Phosphorus	mg	208			177	458	594
Potassium	mg	394			335	867	1,126
Sodium	mg	69			59	152	197
Zinc	mg	6.99			5.94	15.38	19.97
Copper	mg	0.100			0.085	0.220	0.286
Manganese	mg	0.016			0.014	0.035	0.046
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.09	0.23	0.30
Riboflavin	mg	0.22			0.18	0.48	0.62
Niacin	mg	4.80			4.08	10.56	13.71
Pantothenic acid	mg	0.34			0.29	0.75	0.97
Vitamin B-6	mg	0.40			0.34	0.88	1.14
Folate	mcg	8			7	18	23
Vitamin B-12	mcg	3.32			2.82	7.30	9.49
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.73			4.02	10.40	13.50
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.37			0.31	0.80	1.04
16:0	g	2.80			2.38	6.15	7.99
18:0	g	1.54			1.31	3.40	4.41
Monounsaturated, total	g	4.94			4.20	10.86	14.10
16:1	g	0.40			0.34	0.87	1.13
18:1	g	4.54			3.86	9.99	12.97
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.33			0.28	0.73	0.95
18:2	g	0.28			0.24	0.62	0.80
18:3	g	0.02			0.02	0.05	0.06
18:4	g						
20:4	g	0.03			0.03	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	176	229
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.691	0.897
Threonine	g	1.225			1.041	2.694	3.499
Isoleucine	g	1.261			1.071	2.773	3.601
Leucine	g	2.216			1.884	4.875	6.331
Lysine	g	2.333			1.983	5.132	6.665
Methionine	g	0.718			0.610	1.579	2.051
Cystine	g	0.314			0.267	0.691	0.897
Phenylalanine	g	1.095			0.930	2.408	3.127
Tyrosine	g	0.942			0.801	2.073	2.691
Valine	g	1.364			1.159	3.000	3.896
Arginine	g	1.772			1.506	3.898	5.063
Histidine	g	0.960			0.816	2.112	2.743
Alanine	g	1.691			1.438	3.721	4.832
Aspartic acid	g	2.562			2.177	5.635	7.318
Glutamic acid	g	4.212			3.580	9.267	12.035
Glycine	g	1.530			1.300	3.365	4.370
Proline	g	1.238			1.052	2.724	3.537
Serine	g	1.072			0.911	2.359	3.063

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 196 g[1]	Refuse: Bone 20% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	58.41			49.65	114.48	148.36
Food energy	*kcal*	232			198	456	590
	kJ	973			827	1,907	2,471
Protein (N x 6.25)	*g*	26.84			22.82	52.61	68.18
Total lipid (fat)	*g*	13.06			11.10	25.59	33.17
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.35			1.14	2.64	3.42
Minerals:							
Calcium	*mg*	12			10	24	30
Iron	*mg*	2.91			2.47	5.70	7.38
Magnesium	*mg*	25			21	49	63
Phosphorus	*mg*	222			189	435	564
Potassium	*mg*	398			338	780	1,011
Sodium	*mg*	71			61	140	181
Zinc	*mg*	6.21			5.28	12.18	15.78
Copper	*mg*	0.089			0.076	0.175	0.227
Manganese	*mg*	0.016			0.013	0.031	0.040
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.14	0.18
Riboflavin	*mg*	0.19			0.16	0.36	0.47
Niacin	*mg*	3.74			3.18	7.34	9.51
Pantothenic acid	*mg*	0.27			0.23	0.53	0.69
Vitamin B-6	*mg*	0.28			0.24	0.55	0.71
Folate	*mcg*	8			6	15	19
Vitamin B-12	*mcg*	3.33			2.83	6.53	8.46
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	5.21			4.42	10.20	13.22
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.02	0.04	0.05
12:0	*g*	0.01			0.01	0.03	0.04
14:0	*g*	0.40			0.34	0.78	1.01
16:0	*g*	3.12			2.65	6.12	7.93
18:0	*g*	1.65			1.40	3.23	4.19
Monounsaturated, total	*g*	5.63			4.79	11.04	14.31
16:1	*g*	0.55			0.47	1.08	1.39
18:1	*g*	5.07			4.31	9.93	12.87
20:1	*g*	0.02			0.02	0.03	0.04
22:1	*g*						
Polyunsaturated, total	*g*	0.44			0.37	0.86	1.12
18:2	*g*	0.34			0.29	0.66	0.85
18:3	*g*	0.08			0.07	0.16	0.21
18:4	*g*						
20:4	*g*	0.02			0.02	0.04	0.05
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	79			67	154	200
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.301			0.256	0.589	0.764
Threonine	*g*	1.172			0.997	2.298	2.978
Isoleucine	*g*	1.207			1.026	2.365	3.065
Leucine	*g*	2.122			1.803	4.158	5.389
Lysine	*g*	2.233			1.898	4.377	5.672
Methionine	*g*	0.687			0.584	1.347	1.745
Cystine	*g*	0.301			0.256	0.589	0.764
Phenylalanine	*g*	1.048			0.891	2.054	2.662
Tyrosine	*g*	0.902			0.767	1.768	2.291
Valine	*g*	1.306			1.110	2.559	3.316
Arginine	*g*	1.696			1.442	3.325	4.309
Histidine	*g*	0.919			0.781	1.801	2.334
Alanine	*g*	1.619			1.376	3.173	4.112
Aspartic acid	*g*	2.452			2.084	4.806	6.229
Glutamic acid	*g*	4.033			3.428	7.904	10.243
Glycine	*g*	1.464			1.245	2.870	3.720
Proline	*g*	1.185			1.008	2.323	3.011
Serine	*g*	1.026			0.872	2.012	2.607

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 201 g[1]	Refuse: Bone 22% Separable fat 19%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water *g*	58.70			49.89	117.99	157.08
Food energy *kcal*	207			176	416	555
kJ	867			737	1,744	2,321
Protein (N x 6.25) *g*	28.04			23.83	56.36	75.03
Total lipid (fat) *g*	9.70			8.24	19.50	25.96
Carbohydrate, total *g*	0.00			0.00	0.00	0.00
Crude fiber *g*	0.00			0.00	0.00	0.00
Ash *g*	1.23			1.05	2.47	3.29
Minerals:						
Calcium *mg*	13			11	26	35
Iron *mg*	2.57			2.18	5.17	6.88
Magnesium *mg*	27			23	54	72
Phosphorus *mg*	208			177	418	557
Potassium *mg*	394			335	792	1,054
Sodium *mg*	69			59	139	185
Zinc *mg*	6.99			5.94	14.05	18.71
Copper *mg*	0.100			0.085	0.201	0.268
Manganese *mg*	0.016			0.014	0.032	0.043
Vitamins:						
Ascorbic acid *mg*	0			0	0	0
Thiamin *mg*	0.10			0.09	0.21	0.28
Riboflavin *mg*	0.22			0.18	0.43	0.58
Niacin *mg*	4.80			4.08	9.65	12.84
Pantothenic acid *mg*	0.34			0.29	0.68	0.91
Vitamin B-6 *mg*	0.40			0.34	0.80	1.07
Folate *mcg*	8			7	16	21
Vitamin B-12 *mcg*	3.32			2.82	6.67	8.88
Vitamin A *RE*	0			0	0	0
IU	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total *g*	3.92			3.33	7.88	10.49
4:0 *g*						
6:0 *g*						
8:0 *g*						
10:0 *g*	0.01			0.01	0.02	0.02
12:0 *g*	0.01			0.01	0.02	0.02
14:0 *g*	0.30			0.26	0.61	0.81
16:0 *g*	2.32			1.97	4.66	6.20
18:0 *g*	1.28			1.09	2.57	3.43
Monounsaturated, total *g*	4.09			3.48	8.22	10.95
16:1 *g*	0.33			0.28	0.66	0.88
18:1 *g*	3.76			3.20	7.56	10.07
20:1 *g*	0.00			0.00	0.00	0.00
22:1 *g*						
Polyunsaturated, total *g*	0.28			0.24	0.56	0.74
18:2 *g*	0.23			0.20	0.47	0.63
18:3 *g*	0.02			0.01	0.03	0.05
18:4 *g*						
20:4 *g*	0.03			0.02	0.05	0.07
20:5 *g*						
22:5 *g*						
22:6 *g*						
Cholesterol *mg*	80			68	161	214
Phytosterols *mg*						
Amino acids:						
Tryptophan *g*	0.314			0.267	0.631	0.840
Threonine *g*	1.225			1.041	2.462	3.277
Isoleucine *g*	1.261			1.071	2.534	3.373
Leucine *g*	2.216			1.884	4.454	5.930
Lysine *g*	2.333			1.983	4.689	6.242
Methionine *g*	0.718			0.610	1.443	1.921
Cystine *g*	0.314			0.267	0.631	0.840
Phenylalanine *g*	1.095			0.930	2.200	2.929
Tyrosine *g*	0.942			0.801	1.894	2.521
Valine *g*	1.364			1.159	2.741	3.649
Arginine *g*	1.772			1.506	3.562	4.742
Histidine *g*	0.960			0.816	1.930	2.569
Alanine *g*	1.691			1.438	3.399	4.526
Aspartic acid *g*	2.562			2.177	5.149	6.855
Glutamic acid *g*	4.212			3.580	8.467	11.272
Glycine *g*	1.530			1.300	3.075	4.094
Proline *g*	1.238			1.052	2.489	3.313
Serine *g*	1.072			0.911	2.155	2.869

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 220 g[1]	Refuse: Bone 24% Separable fat 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	60.30			51.25	132.66	172.34
Food energy	*kcal*	198			168	436	566
	kJ	830			705	1,825	2,371
Protein (N x 6.25)	*g*	28.04			23.83	61.68	80.13
Total lipid (fat)	*g*	8.70			7.39	19.14	24.86
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.23			1.05	2.71	3.52
Minerals:							
Calcium	*mg*	13			11	29	37
Iron	*mg*	2.57			2.18	5.65	7.35
Magnesium	*mg*	27			23	59	77
Phosphorus	*mg*	208			177	458	594
Potassium	*mg*	394			335	867	1,126
Sodium	*mg*	69			59	152	197
Zinc	*mg*	6.99			5.94	15.38	19.98
Copper	*mg*	0.100			0.085	0.220	0.286
Manganese	*mg*	0.016			0.014	0.035	0.046
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.09	0.23	0.30
Riboflavin	*mg*	0.22			0.18	0.48	0.62
Niacin	*mg*	4.80			4.08	10.56	13.72
Pantothenic acid	*mg*	0.34			0.29	0.75	0.97
Vitamin B-6	*mg*	0.40			0.34	0.88	1.14
Folate	*mcg*	8			7	18	23
Vitamin B-12	*mcg*	3.32			2.82	7.30	9.49
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	3.51			2.99	7.73	10.05
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.02	0.02
12:0	*g*	0.01			0.01	0.02	0.02
14:0	*g*	0.27			0.23	0.60	0.78
16:0	*g*	2.08			1.77	4.57	5.94
18:0	*g*	1.15			0.98	2.53	3.28
Monounsaturated, total	*g*	3.67			3.12	8.07	10.49
16:1	*g*	0.29			0.25	0.65	0.84
18:1	*g*	3.38			2.87	7.43	9.65
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.25			0.21	0.55	0.71
18:2	*g*	0.21			0.18	0.46	0.60
18:3	*g*	0.02			0.01	0.03	0.04
18:4	*g*						
20:4	*g*	0.02			0.02	0.05	0.07
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	80			68	176	229
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.314			0.267	0.691	0.897
Threonine	*g*	1.225			1.041	2.694	3.500
Isoleucine	*g*	1.261			1.071	2.773	3.603
Leucine	*g*	2.216			1.884	4.875	6.334
Lysine	*g*	2.333			1.983	5.132	6.667
Methionine	*g*	0.718			0.610	1.579	2.051
Cystine	*g*	0.314			0.267	0.691	0.897
Phenylalanine	*g*	1.095			0.930	2.408	3.128
Tyrosine	*g*	0.942			0.801	2.073	2.692
Valine	*g*	1.364			1.159	3.000	3.898
Arginine	*g*	1.772			1.506	3.898	5.064
Histidine	*g*	0.960			0.816	2.112	2.744
Alanine	*g*	1.691			1.438	3.721	4.834
Aspartic acid	*g*	2.562			2.177	5.635	7.321
Glutamic acid	*g*	4.212			3.580	9.267	12.039
Glycine	*g*	1.530			1.300	3.365	4.372
Proline	*g*	1.238			1.052	2.724	3.539
Serine	*g*	1.072			0.911	2.359	3.064

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 210 g[1]	Refuse: Bone 18% Separable fat 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.71			52.46	129.59	167.98
Food energy	kcal	203			172	425	551
	kJ	848			721	1,781	2,309
Protein (N x 6.25)	g	26.84			22.82	56.37	73.06
Total lipid (fat)	g	9.75			8.29	20.48	26.55
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.35			1.14	2.83	3.67
Minerals:							
Calcium	mg	12			10	25	33
Iron	mg	2.91			2.47	6.10	7.91
Magnesium	mg	25			21	52	68
Phosphorus	mg	222			189	466	605
Potassium	mg	398			338	836	1,083
Sodium	mg	71			61	150	194
Zinc	mg	6.21			5.28	13.05	16.91
Copper	mg	0.089			0.076	0.188	0.243
Manganese	mg	0.016			0.013	0.033	0.043
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.14	0.19
Riboflavin	mg	0.19			0.16	0.39	0.51
Niacin	mg	3.74			3.18	7.86	10.19
Pantothenic acid	mg	0.27			0.23	0.57	0.74
Vitamin B-6	mg	0.28			0.24	0.59	0.76
Folate	mcg	8			6	16	21
Vitamin B-12	mcg	3.33			2.83	7.00	9.07
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.83			3.26	8.05	10.43
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.02
12:0	g	0.00			0.00	0.01	0.01
14:0	g	0.29			0.24	0.60	0.78
16:0	g	2.30			1.95	4.82	6.25
18:0	g	1.24			1.05	2.60	3.37
Monounsaturated, total	g	4.19			3.56	8.80	11.41
16:1	g	0.37			0.31	0.77	1.00
18:1	g	3.81			3.24	8.00	10.37
20:1	g	0.01			0.01	0.03	0.03
22:1	g						
Polyunsaturated, total	g	0.32			0.27	0.67	0.87
18:2	g	0.27			0.23	0.56	0.73
18:3	g	0.03			0.03	0.07	0.09
18:4	g						
20:4	g	0.02			0.02	0.04	0.06
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79			67	165	214
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.301			0.256	0.631	0.818
Threonine	g	1.172			0.997	2.462	3.191
Isoleucine	g	1.207			1.026	2.534	3.285
Leucine	g	2.122			1.803	4.455	5.775
Lysine	g	2.233			1.898	4.690	6.079
Methionine	g	0.687			0.584	1.443	1.870
Cystine	g	0.301			0.256	0.631	0.818
Phenylalanine	g	1.048			0.891	2.201	2.852
Tyrosine	g	0.902			0.767	1.894	2.455
Valine	g	1.306			1.110	2.742	3.554
Arginine	g	1.696			1.442	3.562	4.618
Histidine	g	0.919			0.781	1.930	2.502
Alanine	g	1.619			1.376	3.400	4.407
Aspartic acid	g	2.452			2.084	5.150	6.675
Glutamic acid	g	4.033			3.428	8.469	10.977
Glycine	g	1.464			1.245	3.075	3.986
Proline	g	1.185			1.008	2.489	3.226
Serine	g	1.026			0.872	2.155	2.794

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 3 oz = 85 g	1 lb raw yields 208 g[1]	**Refuse:** Bone 21% Separable fat 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	55.72			47.36	115.90	154.18
Food energy	*kcal*	260			221	540	719
	kJ	1,088			924	2,262	3,009
Protein (N x 6.25)	*g*	28.04			23.83	58.32	77.58
Total lipid (fat)	*g*	15.53			13.20	32.30	42.97
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.23			1.05	2.56	3.40
Minerals:							
Calcium	*mg*	13			11	27	36
Iron	*mg*	2.57			2.18	5.35	7.11
Magnesium	*mg*	27			23	56	75
Phosphorus	*mg*	208			177	433	576
Potassium	*mg*	394			335	820	1,090
Sodium	*mg*	69			59	144	191
Zinc	*mg*	6.99			5.94	14.54	19.34
Copper	*mg*	0.100			0.085	0.208	0.277
Manganese	*mg*	0.016			0.014	0.033	0.044
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.09	0.22	0.29
Riboflavin	*mg*	0.22			0.18	0.45	0.60
Niacin	*mg*	4.80			4.08	9.98	13.28
Pantothenic acid	*mg*	0.34			0.29	0.71	0.94
Vitamin B-6	*mg*	0.40			0.34	0.83	1.11
Folate	*mcg*	8			7	17	22
Vitamin B-12	*mcg*	3.32			2.82	6.91	9.19
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	6.58			5.60	13.69	18.21
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.02	0.03
12:0	*g*	0.01			0.01	0.02	0.03
14:0	*g*	0.49			0.42	1.02	1.36
16:0	*g*	3.72			3.16	7.74	10.30
18:0	*g*	2.06			1.75	4.29	5.70
Monounsaturated, total	*g*	6.80			5.78	14.15	18.82
16:1	*g*	0.53			0.45	1.10	1.47
18:1	*g*	6.03			5.13	12.55	16.69
20:1	*g*	0.01			0.01	0.02	0.03
22:1	*g*						
Polyunsaturated, total	*g*	0.47			0.40	0.98	1.30
18:2	*g*	0.37			0.31	0.77	1.02
18:3	*g*	0.03			0.03	0.06	0.08
18:4	*g*						
20:4	*g*	0.05			0.04	0.10	0.14
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	80			68	166	221
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.314			0.267	0.653	0.869
Threonine	*g*	1.225			1.041	2.547	3.389
Isoleucine	*g*	1.261			1.071	2.622	3.488
Leucine	*g*	2.216			1.884	4.609	6.132
Lysine	*g*	2.333			1.983	4.852	6.455
Methionine	*g*	0.718			0.610	1.493	1.986
Cystine	*g*	0.314			0.267	0.653	0.869
Phenylalanine	*g*	1.095			0.930	2.277	3.029
Tyrosine	*g*	0.942			0.801	1.959	2.607
Valine	*g*	1.364			1.159	2.837	3.773
Arginine	*g*	1.772			1.506	3.686	4.903
Histidine	*g*	0.960			0.816	1.997	2.656
Alanine	*g*	1.691			1.438	3.518	4.680
Aspartic acid	*g*	2.562			2.177	5.328	7.088
Glutamic acid	*g*	4.212			3.580	8.762	11.656
Glycine	*g*	1.530			1.300	3.182	4.233
Proline	*g*	1.238			1.052	2.575	3.426
Serine	*g*	1.072			0.911	2.230	2.967

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SMALL END (RIBS 10-12), SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 192 g[1]	Refuse: Bone 21% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51.08			43.42	98.07	127.44
Food energy	kcal	304			258	584	759
	kJ	1,274			1,083	2,447	3,179
Protein (N x 6.25)	g	26.74			22.73	51.34	66.71
Total lipid (fat)	g	21.09			17.93	40.49	52.62
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09			0.93	2.09	2.72
Minerals:							
Calcium	mg	13			11	25	32
Iron	mg	2.30			1.96	4.42	5.74
Magnesium	mg	25			21	48	62
Phosphorus	mg	219			186	420	546
Potassium	mg	404			343	776	1,008
Sodium	mg	75			64	144	187
Zinc	mg	6.19			5.26	11.88	15.44
Copper	mg	0.089			0.076	0.171	0.222
Manganese	mg	0.016			0.014	0.031	0.040
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.15	0.19
Riboflavin	mg	0.19			0.17	0.37	0.49
Niacin	mg	3.63			3.09	6.97	9.06
Pantothenic acid	mg	0.44			0.37	0.84	1.09
Vitamin B-6	mg	0.37			0.31	0.71	0.92
Folate	mcg	8			7	15	20
Vitamin B-12	mcg	3.37			2.86	6.47	8.41
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.94			7.60	17.16	22.30
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.02
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.66			0.56	1.27	1.65
16:0	g	5.05			4.29	9.70	12.60
18:0	g	2.79			2.37	5.36	6.96
Monounsaturated, total	g	9.23			7.84	17.72	23.03
16:1	g	0.72			0.61	1.38	1.80
18:1	g	8.18			6.95	15.70	20.41
20:1	g	0.01			0.01	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.64			0.54	1.23	1.60
18:2	g	0.50			0.42	0.96	1.25
18:3	g	0.05			0.04	0.10	0.12
18:4	g						
20:4	g	0.06			0.05	0.12	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	154	200
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.299			0.255	0.575	0.747
Threonine	g	1.168			0.993	2.242	2.914
Isoleucine	g	1.202			1.022	2.308	2.999
Leucine	g	2.113			1.796	4.058	5.273
Lysine	g	2.225			1.891	4.271	5.550
Methionine	g	0.684			0.582	1.314	1.708
Cystine	g	0.299			0.255	0.575	0.747
Phenylalanine	g	1.044			0.887	2.004	2.604
Tyrosine	g	0.898			0.764	1.725	2.241
Valine	g	1.301			1.105	2.497	3.245
Arginine	g	1.690			1.436	3.244	4.216
Histidine	g	0.915			0.778	1.758	2.284
Alanine	g	1.613			1.371	3.097	4.024
Aspartic acid	g	2.443			2.076	4.690	6.095
Glutamic acid	g	4.017			3.414	7.713	10.023
Glycine	g	1.459			1.240	2.801	3.640
Proline	g	1.181			1.004	2.267	2.946
Serine	g	1.022			0.869	1.963	2.551

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SHORTRIBS, SEPARABLE LEAN AND FAT, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.29			219.02	13.69	160.74
Food energy	kcal	388			1,761	110	1,292
	kJ	1,624			7,368	461	5,408
Protein (N x 6.25)	g	14.40			65.30	4.08	47.93
Total lipid (fat)	g	36.23			164.33	10.27	120.60
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.68			3.08	0.19	2.26
Minerals:							
Calcium	mg	5			41	3	30
Iron	mg	1.55			7.03	0.44	5.16
Magnesium	mg	14			62	4	46
Phosphorus	mg	137			624	39	458
Potassium	mg	232			1,053	66	772
Sodium	mg	49			224	14	165
Zinc	mg	3.16			14.32	0.89	10.51
Copper	mg	0.053			0.240	0.015	0.176
Manganese	mg	0.011			0.050	0.003	0.037
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.071			0.322	0.020	0.236
Riboflavin	mg	0.118			0.535	0.033	0.393
Niacin	mg	2.556			11.594	0.725	8.509
Pantothenic acid	mg	0.241			1.093	0.068	0.802
Vitamin B-6	mg	0.30			1.34	0.08	0.98
Folate	mcg	5			21	1	16
Vitamin B-12	mcg	2.56			11.62	0.73	8.53
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	15.76			71.49	4.47	52.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.14			0.62	0.04	0.45
12:0	g	0.09			0.43	0.03	0.31
14:0	g	1.20			5.44	0.34	3.99
16:0	g	9.00			40.83	2.55	29.96
18:0	g	4.54			20.61	1.29	15.13
Monounsaturated, total	g	16.39			74.33	4.65	54.55
16:1	g	1.88			8.53	0.53	6.26
18:1	g	13.73			62.26	3.89	45.69
20:1	g	0.05			0.24	0.02	0.18
22:1	g						
Polyunsaturated, total	g	1.32			6.00	0.37	4.40
18:2	g	0.81			3.68	0.23	2.70
18:3	g	0.48			2.15	0.13	1.58
18:4	g						
20:4	g	0.02			0.09	0.01	0.06
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			345	22	253
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.161			0.730	0.046	0.536
Threonine	g	0.629			2.853	0.178	2.094
Isoleucine	g	0.647			2.935	0.183	2.154
Leucine	g	1.138			5.162	0.323	3.788
Lysine	g	1.198			5.434	0.340	3.988
Methionine	g	0.368			1.669	0.104	1.225
Cystine	g	0.161			0.730	0.046	0.536
Phenylalanine	g	0.562			2.549	0.159	1.871
Tyrosine	g	0.484			2.195	0.137	1.611
Valine	g	0.700			3.175	0.198	2.330
Arginine	g	0.910			4.128	0.258	3.029
Histidine	g	0.493			2.236	0.140	1.641
Alanine	g	0.868			3.937	0.246	2.890
Aspartic acid	g	1.315			5.965	0.373	4.378
Glutamic acid	g	2.163			9.811	0.613	7.201
Glycine	g	0.785			3.561	0.223	2.613
Proline	g	0.636			2.885	0.180	2.117
Serine	g	0.550			2.495	0.156	1.831

BEEF, RIB, SHORTRIBS, SEPARABLE LEAN AND FAT, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 226 g[1]	Refuse: Bone 29%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	35.72			30.36	80.73	115.38
Food energy	*kcal*	471			400	1,064	1,521
	kJ	1,970			1,674	4,452	6,362
Protein (N x 6.25)	*g*	21.57			18.33	48.74	69.66
Total lipid (fat)	*g*	41.98			35.69	94.88	135.61
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.74			0.63	1.66	2.38
Minerals:							
Calcium	*mg*	12			10	28	40
Iron	*mg*	2.31			1.96	5.21	7.45
Magnesium	*mg*	15			13	34	48
Phosphorus	*mg*	162			138	366	523
Potassium	*mg*	224			191	507	724
Sodium	*mg*	50			43	114	163
Zinc	*mg*	4.88			4.14	11.02	15.75
Copper	*mg*	0.099			0.084	0.224	0.320
Manganese	*mg*	0.013			0.011	0.029	0.042
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.050			0.043	0.113	0.162
Riboflavin	*mg*	0.150			0.128	0.339	0.485
Niacin	*mg*	2.452			2.084	5.542	7.920
Pantothenic acid	*mg*	0.252			0.214	0.570	0.814
Vitamin B-6	*mg*	0.22			0.18	0.49	0.70
Folate	*mcg*	5			4	11	16
Vitamin B-12	*mcg*	2.62			2.23	5.92	8.46
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	17.80			15.13	40.22	57.48
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.13			0.11	0.29	0.42
12:0	*g*	0.12			0.10	0.27	0.39
14:0	*g*	1.38			1.18	3.13	4.47
16:0	*g*	10.48			8.91	23.69	33.86
18:0	*g*	4.92			4.18	11.11	15.88
Monounsaturated, total	*g*	18.88			16.05	42.66	60.97
16:1	*g*	1.78			1.51	4.01	5.74
18:1	*g*	16.23			13.79	36.67	52.41
20:1	*g*	0.08			0.07	0.19	0.27
22:1	*g*						
Polyunsaturated, total	*g*	1.53			1.30	3.45	4.93
18:2	*g*	0.98			0.83	2.20	3.15
18:3	*g*	0.50			0.43	1.13	1.62
18:4	*g*						
20:4	*g*	0.03			0.02	0.06	0.09
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	94			80	212	304
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.242			0.206	0.547	0.782
Threonine	*g*	0.942			0.801	2.129	3.043
Isoleucine	*g*	0.969			0.824	2.190	3.130
Leucine	*g*	1.704			1.448	3.851	5.504
Lysine	*g*	1.794			1.525	4.054	5.795
Methionine	*g*	0.552			0.469	1.248	1.783
Cystine	*g*	0.242			0.206	0.547	0.782
Phenylalanine	*g*	0.842			0.716	1.903	2.720
Tyrosine	*g*	0.725			0.616	1.639	2.342
Valine	*g*	1.049			0.892	2.371	3.388
Arginine	*g*	1.363			1.159	3.080	4.402
Histidine	*g*	0.738			0.627	1.668	2.384
Alanine	*g*	1.301			1.106	2.940	4.202
Aspartic acid	*g*	1.970			1.675	4.452	6.363
Glutamic acid	*g*	3.240			2.754	7.322	10.465
Glycine	*g*	1.176			1.000	2.658	3.798
Proline	*g*	0.952			0.809	2.152	3.075
Serine	*g*	0.825			0.701	1.865	2.665

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, RIB, SHORTRIBS, SEPARABLE LEAN ONLY, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 123 g[1]	Refuse: Bone 29%, Separable fat 33%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	50.15	0.895	4	42.63	61.69	87.82
Food energy	kcal	295			251	363	516
	kJ	1,234			1,049	1,518	2,160
Protein (N x 6.25)	g	30.76	0.951	4	26.14	37.83	53.86
Total lipid (fat)	g	18.13	1.787	4	15.41	22.30	31.75
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.98			0.83	1.20	1.71
Minerals:							
Calcium	mg	11			9	13	19
Iron	mg	3.36			2.86	4.13	5.88
Magnesium	mg	22			19	27	39
Phosphorus	mg	235			199	288	411
Potassium	mg	313			266	385	548
Sodium	mg	58			50	72	102
Zinc	mg	7.80			6.63	9.59	13.66
Copper	mg	0.107			0.091	0.132	0.187
Manganese	mg	0.018			0.015	0.022	0.032
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.065			0.055	0.080	0.114
Riboflavin	mg	0.202			0.172	0.248	0.354
Niacin	mg	3.208			2.727	3.946	5.617
Pantothenic acid	mg	0.337			0.286	0.415	0.590
Vitamin B-6	mg	0.28			0.24	0.34	0.49
Folate	mcg	7			6	8	12
Vitamin B-12	mcg	3.46			2.94	4.26	6.06
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	7.74			6.58	9.52	13.56
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.02
12:0	g	0.01			0.01	0.02	0.02
14:0	g	0.57			0.49	0.70	1.00
16:0	g	4.35			3.70	5.35	7.62
18:0	g	2.44			2.07	3.00	4.27
Monounsaturated, total	g	7.98			6.78	9.81	13.97
16:1	g	0.63			0.54	0.78	1.11
18:1	g	7.04			5.98	8.66	12.32
20:1	g	0.01			0.01	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.55			0.47	0.68	0.97
18:2	g	0.43			0.37	0.53	0.75
18:3	g	0.05			0.04	0.06	0.09
18:4	g						
20:4	g	0.05			0.04	0.06	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	93			79	114	163
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.344			0.292	0.423	0.602
Threonine	g	1.343			1.142	1.652	2.352
Isoleucine	g	1.383			1.176	1.701	2.422
Leucine	g	2.431			2.066	2.990	4.257
Lysine	g	2.559			2.175	3.148	4.481
Methionine	g	0.787			0.669	0.968	1.378
Cystine	g	0.344			0.292	0.423	0.602
Phenylalanine	g	1.201			1.021	1.477	2.103
Tyrosine	g	1.033			0.878	1.271	1.809
Valine	g	1.496			1.272	1.840	2.619
Arginine	g	1.944			1.652	2.391	3.404
Histidine	g	1.053			0.895	1.295	1.844
Alanine	g	1.855			1.577	2.282	3.248
Aspartic acid	g	2.810			2.389	3.456	4.920
Glutamic acid	g	4.621			3.928	5.684	8.091
Glycine	g	1.678			1.426	2.064	2.938
Proline	g	1.358			1.154	1.670	2.378
Serine	g	1.176			1.000	1.446	2.059

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, FULL CUT, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	64.75			293.73	18.36	276.11
Food energy	*kcal*	203			919	57	864
	kJ	848			3,846	240	3,616
Protein (N x 6.25)	*g*	20.37			92.41	5.78	86.87
Total lipid (fat)	*g*	12.81			58.11	3.63	54.63
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.97			4.40	0.28	4.14
Minerals:							
Calcium	*mg*	4			20	1	19
Iron	*mg*	1.97			8.96	0.56	8.42
Magnesium	*mg*	22			100	6	94
Phosphorus	*mg*	197			894	56	840
Potassium	*mg*	338			1,533	96	1,441
Sodium	*mg*	53			241	15	227
Zinc	*mg*	3.20			14.54	0.91	13.66
Copper	*mg*	0.075			0.338	0.021	0.318
Manganese	*mg*	0.013			0.059	0.004	0.056
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.46	0.03	0.43
Riboflavin	*mg*	0.17			0.79	0.05	0.74
Niacin	*mg*	3.71			16.81	1.05	15.80
Pantothenic acid	*mg*	0.36			1.62	0.10	1.52
Vitamin B-6	*mg*	0.47			2.12	0.13	2.00
Folate	*mcg*	8			37	2	35
Vitamin B-12	*mcg*	2.80			12.71	0.79	11.95
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	5.00			22.70	1.42	21.34
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.04			0.17	0.01	0.16
12:0	*g*	0.03			0.11	0.01	0.11
14:0	*g*	0.39			1.76	0.11	1.65
16:0	*g*	3.06			13.89	0.87	13.05
18:0	*g*	1.49			6.78	0.42	6.37
Monounsaturated, total	*g*	5.53			25.09	1.57	23.58
16:1	*g*	0.65			2.93	0.18	2.75
18:1	*g*	4.87			22.09	1.38	20.76
20:1	*g*	0.02			0.07	0.00	0.07
22:1	*g*						
Polyunsaturated, total	*g*	0.49			2.23	0.14	2.09
18:2	*g*	0.32			1.47	0.09	1.38
18:3	*g*	0.14			0.62	0.04	0.59
18:4	*g*						
20:4	*g*	0.03			0.13	0.01	0.13
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	63			285	18	268
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.228			1.035	0.065	0.973
Threonine	*g*	0.890			4.037	0.252	3.794
Isoleucine	*g*	0.916			4.155	0.260	3.906
Leucine	*g*	1.610			7.304	0.457	6.866
Lysine	*g*	1.695			7.689	0.481	7.228
Methionine	*g*	0.522			2.366	0.148	2.224
Cystine	*g*	0.228			1.035	0.065	0.973
Phenylalanine	*g*	0.795			3.608	0.225	3.391
Tyrosine	*g*	0.685			3.105	0.194	2.919
Valine	*g*	0.991			4.495	0.281	4.225
Arginine	*g*	1.288			5.840	0.365	5.490
Histidine	*g*	0.698			3.164	0.198	2.974
Alanine	*g*	1.229			5.574	0.348	5.240
Aspartic acid	*g*	1.861			8.443	0.528	7.936
Glutamic acid	*g*	3.061			13.884	0.868	13.051
Glycine	*g*	1.112			5.042	0.315	4.740
Proline	*g*	0.900			4.081	0.255	3.836
Serine	*g*	0.779			3.534	0.221	3.322

BEEF, ROUND, FULL CUT, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 313 g[1]	Refuse: Bone 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.31			47.86	176.24	234.97
Food energy	kcal	240			204	750	1,000
	kJ	1,003			853	3,140	4,186
Protein (N x 6.25)	g	27.35			23.25	85.61	114.14
Total lipid (fat)	g	13.62			11.57	42.62	56.82
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.31			1.12	4.12	5.49
Minerals:							
Calcium	mg	6			5	18	24
Iron	mg	2.53			2.15	7.93	10.57
Magnesium	mg	25			22	80	106
Phosphorus	mg	238			202	745	993
Potassium	mg	392			333	1,226	1,634
Sodium	mg	61			52	192	257
Zinc	mg	4.32			3.67	13.52	18.02
Copper	mg	0.100			0.085	0.314	0.419
Manganese	mg	0.015			0.013	0.047	0.062
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.30	0.39
Riboflavin	mg	0.21			0.18	0.66	0.88
Niacin	mg	3.99			3.39	12.49	16.65
Pantothenic acid	mg	0.38			0.33	1.20	1.60
Vitamin B-6	mg	0.38			0.32	1.18	1.58
Folate	mcg	9			8	29	39
Vitamin B-12	mcg	3.01			2.56	9.43	12.58
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.16			4.38	16.14	21.52
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.03	0.09	0.13
12:0	g	0.03			0.02	0.09	0.11
14:0	g	0.40			0.34	1.24	1.66
16:0	g	3.23			2.75	10.11	13.48
18:0	g	1.47			1.25	4.61	6.14
Monounsaturated, total	g	5.84			4.96	18.27	24.35
16:1	g	0.60			0.51	1.87	2.50
18:1	g	5.21			4.43	16.32	21.76
20:1	g	0.02			0.02	0.07	0.09
22:1	g						
Polyunsaturated, total	g	0.54			0.46	1.70	2.26
18:2	g	0.37			0.32	1.17	1.56
18:3	g	0.13			0.11	0.40	0.53
18:4	g						
20:4	g	0.04			0.03	0.13	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	249	332
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.306			0.260	0.959	1.278
Threonine	g	1.195			1.016	3.740	4.986
Isoleucine	g	1.230			1.045	3.849	5.132
Leucine	g	2.162			1.838	6.767	9.022
Lysine	g	2.276			1.934	7.123	9.497
Methionine	g	0.700			0.595	2.192	2.922
Cystine	g	0.306			0.260	0.959	1.278
Phenylalanine	g	1.068			0.908	3.342	4.456
Tyrosine	g	0.919			0.781	2.877	3.835
Valine	g	1.330			1.131	4.164	5.552
Arginine	g	1.729			1.469	5.411	7.214
Histidine	g	0.937			0.796	2.931	3.908
Alanine	g	1.650			1.402	5.164	6.885
Aspartic acid	g	2.499			2.124	7.822	10.428
Glutamic acid	g	4.110			3.493	12.863	17.149
Glycine	g	1.492			1.269	4.671	6.228
Proline	g	1.208			1.027	3.781	5.041
Serine	g	1.046			0.889	3.274	4.365

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, FULL CUT, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.92			299.02	18.69	281.09
Food energy	kcal	191			869	54	816
	kJ	802			3,636	227	3,418
Protein (N x 6.25)	g	20.37			92.39	5.77	86.85
Total lipid (fat)	g	11.59			52.55	3.28	49.40
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.97			4.40	0.28	4.14
Minerals:							
Calcium	mg	4			20	1	19
Iron	mg	1.98			8.97	0.56	8.43
Magnesium	mg	22			100	6	94
Phosphorus	mg	197			893	56	840
Potassium	mg	338			1,533	96	1,441
Sodium	mg	53			242	15	227
Zinc	mg	3.21			14.55	0.91	13.68
Copper	mg	0.075			0.339	0.021	0.318
Manganese	mg	0.013			0.059	0.004	0.056
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.46	0.03	0.43
Riboflavin	mg	0.17			0.79	0.05	0.74
Niacin	mg	3.71			16.81	1.05	15.80
Pantothenic acid	mg	0.36			1.62	0.10	1.53
Vitamin B-6	mg	0.47			2.13	0.13	2.00
Folate	mcg	8			37	2	35
Vitamin B-12	mcg	2.80			12.71	0.79	11.94
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.59			20.80	1.30	19.55
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.17	0.01	0.16
12:0	g	0.03			0.11	0.01	0.11
14:0	g	0.36			1.63	0.10	1.53
16:0	g	2.80			12.69	0.79	11.92
18:0	g	1.37			6.20	0.39	5.83
Monounsaturated, total	g	5.02			22.77	1.42	21.40
16:1	g	0.60			2.70	0.17	2.54
18:1	g	4.41			19.99	1.25	18.79
20:1	g	0.02			0.07	0.00	0.07
22:1	g						
Polyunsaturated, total	g	0.44			1.99	0.12	1.87
18:2	g	0.28			1.28	0.08	1.20
18:3	g	0.13			0.61	0.04	0.57
18:4	g						
20:4	g	0.02			0.10	0.01	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	63			285	18	268
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.228			1.035	0.065	0.973
Threonine	g	0.890			4.036	0.252	3.794
Isoleucine	g	0.916			4.154	0.260	3.905
Leucine	g	1.610			7.303	0.456	6.865
Lysine	g	1.695			7.687	0.480	7.226
Methionine	g	0.521			2.365	0.148	2.223
Cystine	g	0.228			1.035	0.065	0.973
Phenylalanine	g	0.795			3.607	0.225	3.391
Tyrosine	g	0.684			3.104	0.194	2.918
Valine	g	0.991			4.494	0.281	4.224
Arginine	g	1.287			5.839	0.365	5.489
Histidine	g	0.697			3.164	0.198	2.974
Alanine	g	1.229			5.573	0.348	5.239
Aspartic acid	g	1.861			8.441	0.528	7.935
Glutamic acid	g	3.060			13.881	0.868	13.049
Glycine	g	1.111			5.041	0.315	4.739
Proline	g	0.899			4.080	0.255	3.835
Serine	g	0.779			3.533	0.221	3.321

BEEF, ROUND, FULL CUT, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 313 g[1]	Refuse: Bone 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	58.06			49.35	181.72	242.27
Food energy	*kcal*	223			189	697	930
	kJ	933			793	2.919	3.892
Protein (N x 6.25)	*g*	27.39			23.28	85.74	114.31
Total lipid (fat)	*g*	11.73			9.97	36.72	48.96
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.32			1.12	4.12	5.49
Minerals:							
Calcium	*mg*	6			5	18	24
Iron	*mg*	2.54			2.16	7.96	10.61
Magnesium	*mg*	26			22	80	107
Phosphorus	*mg*	238			203	746	995
Potassium	*mg*	392			334	1.228	1.637
Sodium	*mg*	62			52	193	257
Zinc	*mg*	[illegible]			3.68	13.56	18.07
Copper	*mg*	0.101			0.085	0.315	0.420
Manganese	*mg*	0.015			0.013	0.047	0.062
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.09			0.08	0.30	0.39
Riboflavin	*mg*	0.21			0.18	0.66	0.88
Niacin	*mg*	4.00			3.40	12.51	16.68
Pantothenic acid	*mg*	0.39			0.33	1.21	1.61
Vitamin B-6	*mg*	0.38			0.32	1.19	1.58
Folate	*mcg*	9			8	29	39
Vitamin B-12	*mcg*	3.02			2.57	9.45	12.59
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	4.13			3.51	12.93	17.24
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.03			0.02	0.09	0.12
12:0	*g*	0.03			0.02	0.08	0.11
14:0	*g*	0.33			0.28	1.02	1.36
16:0	*g*	2.59			2.20	8.11	10.81
18:0	*g*	1.16			0.98	3.62	4.83
Monounsaturated, total	*g*	4.63			3.94	14.50	19.33
16:1	*g*	0.49			0.41	1.52	2.03
18:1	*g*	4.13			3.51	12.91	17.22
20:1	*g*	0.02			0.02	0.07	0.09
22:1	*g*						
Polyunsaturated, total	*g*	0.41			0.35	1.30	1.73
18:2	*g*	0.28			0.23	0.86	1.15
18:3	*g*	0.12			0.10	0.37	0.49
18:4	*g*						
20:4	*g*	0.02			0.02	0.06	0.09
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	55			47	173	230
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.307			0.261	0.960	1.280
Threonine	*g*	1.197			1.017	3.745	4.993
Isoleucine	*g*	1.232			1.047	3.855	5.140
Leucine	*g*	2.165			1.840	6.777	9.035
Lysine	*g*	2.279			1.937	7.134	9.511
Methionine	*g*	0.701			0.596	2.195	2.926
Cystine	*g*	0.307			0.261	0.960	1.280
Phenylalanine	*g*	[illegible]			0.909	3.347	4.463
Tyrosine	*g*	[illegible]			0.782	2.881	3.841
Valine	*g*	1.332			1.133	4.171	5.560
Arginine	*g*	1.731			1.472	5.419	7.225
Histidine	*g*	0.938			0.797	2.936	3.914
Alanine	*g*	1.652			1.405	5.172	6.895
Aspartic acid	*g*	2.503			2.127	7.833	10.444
Glutamic acid	*g*	4.116			3.498	12.882	17.175
Glycine	*g*	1.495			1.270	4.678	6.237
Proline	*g*	1.210			1.028	3.786	5.048
Serine	*g*	1.048			0.890	3.279	4.371

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, FULL CUT, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 285 g[1]	Refuse: Bone 8% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	60.50			51.42	171.21	227.78
Food energy	*kcal*	191			162	540	718
	kJ	798			679	2,259	3,005
Protein (N x 6.25)	*g*	29.21			24.83	82.66	109.97
Total lipid (fat)	*g*	7.31			6.22	20.70	27.53
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.41			1.20	3.99	5.31
Minerals:							
Calcium	*mg*	5			4	14	19
Iron	*mg*	2.70			2.29	7.63	10.15
Magnesium	*mg*	28			24	78	104
Phosphorus	*mg*	256			218	724	964
Potassium	*mg*	422			359	1,194	1,588
Sodium	*mg*	64			54	180	240
Zinc	*mg*	4.64			3.95	13.14	17.48
Copper	*mg*	0.106			0.091	0.301	0.401
Manganese	*mg*	0.016			0.013	0.045	0.059
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.09	0.29	0.38
Riboflavin	*mg*	0.22			0.19	0.63	0.84
Niacin	*mg*	4.26			3.62	12.06	16.04
Pantothenic acid	*mg*	0.41			0.35	1.16	1.54
Vitamin B-6	*mg*	0.40			0.34	1.15	1.52
Folate	*mcg*	10			9	28	38
Vitamin B-12	*mcg*	3.17			2.69	8.97	11.93
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.56			2.18	7.25	9.64
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.01	0.01
12:0	*g*	0.00			0.00	0.01	0.01
14:0	*g*	0.18			0.15	0.51	0.68
16:0	*g*	1.61			1.37	4.57	6.08
18:0	*g*	0.76			0.65	2.15	2.87
Monounsaturated, total	*g*	3.10			2.63	8.77	11.67
16:1	*g*	0.32			0.27	0.89	1.19
18:1	*g*	2.78			2.36	7.86	10.46
20:1	*g*	0.01			0.00	0.02	0.02
22:1	*g*						
Polyunsaturated, total	*g*	0.31			0.26	0.87	1.15
18:2	*g*	0.24			0.20	0.67	0.89
18:3	*g*	0.03			0.02	0.07	0.10
18:4	*g*						
20:4	*g*	0.04			0.04	0.13	0.17
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	78			66	220	293
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.327			0.278	0.926	1.232
Threonine	*g*	1.276			[illegible]	3.611	4.804
Isoleucine	*g*	1.313			[illegible]	3.717	4.944
Leucine	*g*	2.309			1.962	6.534	8.692
Lysine	*g*	2.430			[illegible]	6.878	9.150
Methionine	*g*	0.748			0.636	2.116	2.815
Cystine	*g*	0.327			[illegible]	0.926	1.232
Phenylalanine	*g*	1.140			[illegible]	3.227	4.293
Tyrosine	*g*	0.981			0.834	2.777	3.695
Valine	*g*	1.421			1.208	4.021	5.349
Arginine	*g*	1.846			1.569	5.224	6.950
Histidine	*g*	1.000			0.850	2.830	3.765
Alanine	*g*	1.762			1.498	4.986	6.634
Aspartic acid	*g*	2.669			2.268	7.552	10.047
Glutamic acid	*g*	4.388			3.730	12.419	16.522
Glycine	*g*	1.594			1.355	4.510	6.000
Proline	*g*	1.290			1.096	3.650	4.856
Serine	*g*	1.117			0.949	3.161	4.205

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, FULL CUT, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 282 g[1]	Refuse: Bone 8% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.44			53.08	176.09	235.10
Food energy	kcal	172			146	485	648
	kJ	720			612	2,031	2,711
Protein (N x 6.25)	g	29.25			24.87	82.50	110.14
Total lipid (fat)	g	5.22			4.44	14.73	19.66
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.41			1.20	3.98	5.32
Minerals:							
Calcium	mg	5			4	14	18
Iron	mg	2.71			2.30	7.63	10.19
Magnesium	mg	28			24	78	104
Phosphorus	mg	256			218	723	965
Potassium	mg	423			359	1,192	1,592
Sodium	mg	64			54	180	241
Zinc	mg	4.66			3.96	13.13	17.53
Copper	mg	0.107			0.091	0.301	0.402
Manganese	mg	0.016			0.013	0.045	0.060
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.09	0.29	0.38
Riboflavin	mg	0.22			0.19	0.63	0.84
Niacin	mg	4.27			3.63	12.04	16.07
Pantothenic acid	mg	0.41			0.35	1.16	1.55
Vitamin B-6	mg	0.41			0.35	1.15	1.53
Folate	mcg	10			9	28	38
Vitamin B-12	mcg	3.17			2.70	8.95	11.95
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.83			1.55	5.15	6.88
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.01	0.01
12:0	g	0.00			0.00	0.00	0.01
14:0	g	0.13			0.11	0.36	0.48
16:0	g	1.15			0.98	3.25	4.34
18:0	g	0.54			0.46	1.52	2.04
Monounsaturated, total	g	2.22			1.89	6.27	8.37
16:1	g	0.23			0.19	0.64	0.86
18:1	g	1.99			1.69	5.61	7.49
20:1	g	0.00			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.22			0.19	0.61	0.82
18:2	g	0.17			0.14	0.47	0.63
18:3	g	0.02			0.02	0.05	0.07
18:4	g						
20:4	g	0.03			0.03	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	219	293
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.328			0.279	0.924	1.234
Threonine	g	1.278			1.086	3.603	4.811
Isoleucine	g	1.315			1.118	3.709	4.952
Leucine	g	2.312			1.965	6.521	8.706
Lysine	g	2.434			2.069	6.864	9.164
Methionine	g	0.749			0.637	2.112	2.820
Cystine	g	0.329			0.279	0.924	1.234
Phenylalanine	g	1.142			0.971	3.221	4.300
Tyrosine	g	0.983			0.836	2.772	3.701
Valine	g	1.423			1.209	4.013	5.357
Arginine	g	1.849			1.572	5.214	6.961
Histidine	g	1.002			0.851	2.825	3.771
Alanine	g	1.765			1.500	4.976	6.644
Aspartic acid	g	2.673			2.272	7.537	10.063
Glutamic acid	g	4.395			3.736	12.394	16.548
Glycine	g	1.596			1.357	4.501	6.009
Proline	g	1.292			1.098	3.643	4.864
Serine	g	1.119			0.951	3.155	4.212

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.03			290.42	18.15	281.65
Food energy	kcal	208			942	59	913
	kJ	869			3,941	246	3,822
Protein (N x 6.25)	g	20.23			91.76	5.74	88.99
Total lipid (fat)	g	13.43			60.94	3.81	59.10
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.94			4.26	0.27	4.14
Minerals:							
Calcium	mg	5			21	1	21
Iron	mg	2.18			9.91	0.62	9.61
Magnesium	mg	22			101	6	98
Phosphorus	mg	196			891	56	864
Potassium	mg	334			1,517	95	1,471
Sodium	mg	55			251	16	244
Zinc	mg	3.21			14.56	0.91	14.12
Copper	mg	0.077			0.349	0.022	0.338
Manganese	mg	0.013			0.059	0.004	0.057
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.49	0.03	0.48
Riboflavin	mg	0.18			0.82	0.05	0.80
Niacin	mg	3.80			17.25	1.08	16.73
Pantothenic acid	mg	0.41			1.84	0.12	1.79
Vitamin B-6	mg	0.52			2.37	0.15	2.30
Folate	mcg	9			42	3	40
Vitamin B-12	mcg	2.75			12.49	0.78	12.11
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	5.21			23.65	1.48	22.93
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.17	0.01	0.16
12:0	g	0.03			0.11	0.01	0.11
14:0	g	0.41			1.85	0.12	1.79
16:0	g	3.23			14.66	0.92	14.21
18:0	g	1.51			6.86	0.43	6.66
Monounsaturated, total	g	5.94			26.96	1.69	26.15
16:1	g	0.72			3.27	0.20	3.17
18:1	g	5.20			23.59	1.47	22.88
20:1	g	0.02			0.10	0.01	0.09
22:1	g						
Polyunsaturated, total	g	0.50			2.26	0.14	2.20
18:2	g	0.33			1.50	0.09	1.46
18:3	g	0.14			0.62	0.04	0.60
18:4	g						
20:4	g	0.03			0.15	0.01	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64			289	18	281
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.227			1.028	0.064	0.997
Threonine	g	0.884			4.008	0.251	3.887
Isoleucine	g	0.910			4.126	0.258	4.001
Leucine	g	1.599			7.253	0.453	7.034
Lysine	g	1.683			7.635	0.477	7.404
Methionine	g	0.518			2.349	0.147	2.278
Cystine	g	0.227			1.028	0.064	0.997
Phenylalanine	g	0.790			3.582	0.224	3.474
Tyrosine	g	0.680			3.083	0.193	2.990
Valine	g	0.984			4.463	0.279	4.329
Arginine	g	1.279			5.799	0.362	5.624
Histidine	g	0.693			3.142	0.196	3.047
Alanine	g	1.220			5.535	0.346	5.368
Aspartic acid	g	1.848			8.383	0.524	8.130
Glutamic acid	g	3.039			13.786	0.862	13.370
Glycine	g	1.104			5.007	0.313	4.856
Proline	g	0.893			4.052	0.253	3.930
Serine	g	0.774			3.509	0.219	3.403

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 282 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.14			44.32	147.03	229.35
Food energy	kcal	275			234	775	1,209
	kJ	1,150			978	3,244	5,060
Protein (N x 6.25)	g	28.66			24.36	80.81	126.06
Total lipid (fat)	g	16.90			14.36	47.65	74.33
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04			0.89	2.94	4.59
Minerals:							
Calcium	mg	6			5	18	28
Iron	mg	3.12			2.66	8.81	13.74
Magnesium	mg	22			19	63	98
Phosphorus	mg	245			208	690	1,076
Potassium	mg	282			239	794	1,238
Sodium	mg	50			42	140	218
Zinc	mg	4.91			4.17	13.84	21.59
Copper	mg	0.122			0.103	0.343	0.535
Manganese	mg	0.016			0.014	0.046	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.30
Riboflavin	mg	0.24			0.20	0.67	1.04
Niacin	mg	3.73			3.17	10.52	16.40
Pantothenic acid	mg	0.38			0.33	1.08	1.69
Vitamin B-6	mg	0.33			0.28	0.93	1.45
Folate	mcg	10			8	28	43
Vitamin B-12	mcg	2.35			2.00	6.63	10.34
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.37			5.42	17.97	28.03
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.11	0.17
12:0	g	0.04			0.03	0.10	0.15
14:0	g	0.51			0.43	1.44	2.25
16:0	g	3.99			3.39	11.25	17.56
18:0	g	1.79			1.53	5.06	7.89
Monounsaturated, total	g	7.35			6.25	20.73	32.35
16:1	g	0.75			0.64	2.13	3.32
18:1	g	6.58			5.59	18.54	28.92
20:1	g	0.02			0.02	0.07	0.10
22:1	g						
Polyunsaturated, total	g	0.64			0.55	1.81	2.83
18:2	g	0.43			0.37	1.22	1.90
18:3	g	0.17			0.14	0.47	0.74
18:4	g						
20:4	g	0.04			0.04	0.12	0.19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96			81	270	422
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.273	0.905	1.412
Threonine	g	1.252			1.064	3.530	5.506
Isoleucine	g	1.288			1.095	3.633	5.668
Leucine	g	2.265			1.925	6.387	9.964
Lysine	g	2.384			2.027	6.723	10.488
Methionine	g	0.734			0.624	2.069	3.227
Cystine	g	0.321			0.273	0.905	1.412
Phenylalanine	g	1.119			0.951	3.155	4.921
Tyrosine	g	0.963			0.818	2.715	4.236
Valine	g	1.394			1.185	3.931	6.131
Arginine	g	1.811			1.539	5.107	7.967
Histidine	g	0.981			0.834	2.767	4.316
Alanine	g	1.729			1.469	4.874	7.604
Aspartic acid	g	2.618			2.225	7.383	11.517
Glutamic acid	g	4.305			3.660	12.141	18.939
Glycine	g	1.563			1.329	4.409	6.878
Proline	g	1.265			1.076	3.569	5.567
Serine	g	1.096			0.931	3.090	4.820

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 276 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.21			48.63	157.90	254.31
Food energy	kcal	213			181	588	947
	kJ	891			758	2,460	3,963
Protein (N x 6.25)	g	31.17			26.49	86.03	138.54
Total lipid (fat)	g	8.85			7.53	24.44	39.36
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.13			0.96	3.11	5.01
Minerals:							
Calcium	mg	5			4	14	23
Iron	mg	3.41			2.90	9.42	15.17
Magnesium	mg	25			21	68	109
Phosphorus	mg	268			228	740	1,192
Potassium	mg	304			259	840	1,352
Sodium	mg	51			43	140	226
Zinc	mg	5.40			4.59	14.90	24.00
Copper	mg	0.132			0.112	0.365	0.588
Manganese	mg	0.018			0.015	0.049	0.079
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.33
Riboflavin	mg	0.26			0.22	0.71	1.14
Niacin	mg	4.03			3.43	11.13	17.92
Pantothenic acid	mg	0.42			0.35	1.15	1.85
Vitamin B-6	mg	0.36			0.30	0.98	1.58
Folate	mcg	11			9	30	48
Vitamin B-12	mcg	2.45			2.09	6.77	10.90
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.08			2.62	8.51	13.71
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.00	0.01	0.02
14:0	g	0.24			0.20	0.66	1.07
16:0	g	1.94			1.65	5.37	8.64
18:0	g	0.89			0.76	2.46	3.96
Monounsaturated, total	g	3.87			3.29	10.69	17.21
16:1	g	0.39			0.34	1.09	1.75
18:1	g	3.47			2.95	9.59	15.44
20:1	g	0.00			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.34			0.29	0.93	1.51
18:2	g	0.25			0.21	0.69	1.10
18:3	g	0.04			0.04	0.12	0.20
18:4	g						
20:4	g	0.05			0.04	0.13	0.21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96			82	265	427
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.349			0.297	0.963	1.552
Threonine	g	1.361			1.157	3.758	6.052
Isoleucine	g	1.401			1.191	3.868	6.229
Leucine	g	2.464			2.094	6.799	10.951
Lysine	g	2.593			2.204	7.157	11.527
Methionine	g	0.798			0.678	2.202	3.547
Cystine	g	0.349			0.297	0.963	1.552
Phenylalanine	g	1.217			1.034	3.358	5.409
Tyrosine	g	1.047			0.890	2.890	4.655
Valine	g	1.516			1.289	4.184	6.739
Arginine	g	1.970			1.674	5.437	8.756
Histidine	g	1.067			0.907	2.946	4.744
Alanine	g	1.880			1.598	5.189	8.357
Aspartic acid	g	2.848			2.420	7.859	12.657
Glutamic acid	g	4.683			3.980	12.924	20.815
Glycine	g	1.701			1.445	4.694	7.559
Proline	g	1.376			1.170	3.799	6.118
Serine	g	1.192			1.013	3.290	5.298

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 338 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.49			47.17	187.57	246.94
Food energy	kcal	248			211	839	1,104
	kJ	1,039			883	3,512	4,623
Protein (N x 6.25)	g	26.60			22.61	89.91	118.37
Total lipid (fat)	g	14.92			12.69	50.44	66.41
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.25			1.06	4.21	5.55
Minerals:							
Calcium	mg	6			5	20	26
Iron	mg	2.88			2.45	9.74	12.83
Magnesium	mg	25			22	86	113
Phosphorus	mg	220			187	743	978
Potassium	mg	358			304	1,210	1,593
Sodium	mg	63			54	213	280
Zinc	mg	4.23			3.60	14.30	18.83
Copper	mg	0.102			0.086	0.343	0.452
Manganese	mg	0.015			0.012	0.049	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.27	0.35
Riboflavin	mg	0.23			0.19	0.77	1.01
Niacin	mg	3.77			3.21	12.75	16.78
Pantothenic acid	mg	0.33			0.28	1.10	1.45
Vitamin B-6	mg	0.35			0.29	1.17	1.54
Folate	mcg	11			10	38	51
Vitamin B-12	mcg	2.57			2.18	8.68	11.43
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.63			4.79	19.03	25.06
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.03	0.11	0.14
12:0	g	0.03			0.03	0.10	0.13
14:0	g	0.44			0.37	1.49	1.96
16:0	g	3.58			3.05	12.12	15.95
18:0	g	1.54			1.31	5.22	6.87
Monounsaturated, total	g	6.59			5.60	22.28	29.33
16:1	g	0.71			0.61	2.41	3.18
18:1	g	5.85			4.97	19.76	26.01
20:1	g	0.03			0.03	0.10	0.14
22:1	g						
Polyunsaturated, total	g	0.57			0.49	1.93	2.54
18:2	g	0.39			0.34	1.33	1.75
18:3	g	0.14			0.12	0.46	0.60
18:4	g						
20:4	g	0.04			0.04	0.14	0.19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	269	355
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.298			0.253	1.007	1.326
Threonine	g	1.162			0.988	3.927	5.170
Isoleucine	g	1.196			1.017	4.042	5.322
Leucine	g	2.102			1.787	7.106	9.356
Lysine	g	2.213			1.881	7.480	9.848
Methionine	g	0.681			0.579	2.302	3.030
Cystine	g	0.298			0.253	1.007	1.326
Phenylalanine	g	1.038			0.883	3.510	4.621
Tyrosine	g	0.894			0.760	3.021	3.977
Valine	g	1.294			1.100	4.373	5.757
Arginine	g	1.681			1.429	5.682	7.481
Histidine	g	0.911			0.774	3.078	4.053
Alanine	g	1.604			1.364	5.423	7.140
Aspartic acid	g	2.430			2.066	8.214	10.814
Glutamic acid	g	3.996			3.397	13.508	17.784
Glycine	g	1.451			1.234	4.905	6.458
Proline	g	1.175			0.998	3.970	5.227
Serine	g	1.017			0.865	3.438	4.526

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 341 g[1]	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.76			51.64	207.19	272.80
Food energy	kcal	188			160	642	846
	kJ	788			670	2,688	3,540
Protein (N x 6.25)	g	28.58			24.30	97.48	128.36
Total lipid (fat)	g	7.35			6.24	25.05	32.99
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.35			1.14	4.59	6.04
Minerals:							
Calcium	mg	5			4	18	22
Iron	mg	3.11			2.64	10.61	13.97
Magnesium	mg	28			24	95	125
Phosphorus	mg	238			202	811	1,067
Potassium	mg	388			330	1,322	1,741
Sodium	mg	66			56	224	295
Zinc	mg	4.59			3.90	15.64	20.59
Copper	mg	0.109			0.092	0.370	0.487
Manganese	mg	0.016			0.013	0.053	0.070
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.29	0.38
Riboflavin	mg	0.24			0.21	0.83	1.09
Niacin	mg	4.05			3.44	13.81	18.18
Pantothenic acid	mg	0.35			0.30	1.19	1.56
Vitamin B-6	mg	0.37			0.32	1.27	1.67
Folate	mcg	12			11	42	56
Vitamin B-12	mcg	2.69			2.29	9.17	12.07
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.50			2.13	8.53	11.23
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.18			0.15	0.61	0.80
16:0	g	1.65			1.40	5.62	7.40
18:0	g	0.67			0.57	2.29	3.02
Monounsaturated, total	g	3.32			2.83	11.33	14.92
16:1	g	0.37			0.32	1.26	1.66
18:1	g	2.94			2.50	10.01	13.19
20:1	g	0.01			0.01	0.04	0.06
22:1	g						
Polyunsaturated, total	g	0.29			0.24	0.98	1.29
18:2	g	0.23			0.19	0.78	1.02
18:3	g	0.01			0.01	0.04	0.06
18:4	g						
20:4	g	0.05			0.04	0.16	0.21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	265	349
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.320			0.272	1.092	1.438
Threonine	g	1.249			1.062	4.259	5.608
Isoleucine	g	1.286			1.093	4.384	5.772
Leucine	g	2.260			1.921	7.707	10.147
Lysine	g	2.379			2.022	8.112	10.682
Methionine	g	0.732			0.622	2.496	3.287
Cystine	g	0.320			0.272	1.092	1.438
Phenylalanine	g	1.116			0.949	3.807	5.012
Tyrosine	g	0.961			0.817	3.276	4.314
Valine	g	1.391			1.182	4.743	6.245
Arginine	g	1.807			1.536	6.162	8.114
Histidine	g	0.979			0.832	3.339	4.396
Alanine	g	1.725			1.466	5.881	7.744
Aspartic acid	g	2.612			2.220	8.908	11.729
Glutamic acid	g	4.296			3.651	14.649	19.288
Glycine	g	1.560			1.326	5.320	7.005
Proline	g	1.263			1.073	4.306	5.669
Serine	g	1.093			0.929	3.729	4.909

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.27			286.98	179.36	278.31
Food energy	kcal	218			990	619	961
	kJ	914			4,146	2,591	4,021
Protein (N x 6.25)	g	20.09			91.14	56.96	88.39
Total lipid (fat)	g	14.70			66.68	41.67	64.65
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.93			4.23	2.64	4.10
Minerals:							
Calcium	mg	5			22	14	21
Iron	mg	2.17			9.83	6.15	9.54
Magnesium	mg	22			100	63	97
Phosphorus	mg	195			885	553	858
Potassium	mg	331			1,503	939	1,456
Sodium	mg	55			250	156	242
Zinc	mg	3.18			14.44	9.03	14.01
Copper	mg	0.076			0.347	0.217	0.337
Manganese	mg	0.013			0.059	0.037	0.057
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.49	0.30	0.47
Riboflavin	mg	0.18			0.82	0.51	0.79
Niacin	mg	3.78			17.13	10.70	16.61
Pantothenic acid	mg	0.40			1.83	1.14	1.77
Vitamin B-6	mg	0.52			2.35	1.47	2.28
Folate	mcg	9			41	26	40
Vitamin B-12	mcg	2.74			12.42	7.76	12.05
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.70			25.84	16.15	25.06
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.18	0.11	0.18
12:0	g	0.03			0.12	0.08	0.12
14:0	g	0.44			2.01	1.26	1.95
16:0	g	3.53			16.02	10.01	15.54
18:0	g	1.65			7.50	4.68	7.27
Monounsaturated, total	g	6.50			29.50	18.44	28.61
16:1	g	0.79			3.58	2.24	3.47
18:1	g	5.69			25.82	16.14	25.04
20:1	g	0.02			0.11	0.07	0.10
22:1	g						
Polyunsaturated, total	g	0.55			2.48	1.55	2.40
18:2	g	0.36			1.65	1.03	1.60
18:3	g	0.15			0.67	0.42	0.65
18:4	g						
20:4	g	0.04			0.16	0.10	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	64			291	182	282
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.225			1.021	0.638	0.990
Threonine	g	0.878			3.981	2.488	3.861
Isoleucine	g	0.903			4.096	2.561	3.974
Leucine	g	1.588			7.204	4.502	6.986
Lysine	g	1.672			7.583	4.739	7.354
Methionine	g	0.514			2.333	1.458	2.263
Cystine	g	0.225			1.021	0.638	0.990
Phenylalanine	g	0.784			3.556	2.224	3.451
Tyrosine	g	0.675			3.062	1.914	2.970
Valine	g	0.977			4.433	2.771	4.299
Arginine	g	1.270			5.760	3.600	5.586
Histidine	g	0.688			3.121	1.950	3.027
Alanine	g	1.212			5.498	3.436	5.332
Aspartic acid	g	1.836			8.327	5.204	8.075
Glutamic acid	g	3.019			13.693	8.558	13.280
Glycine	g	1.096			4.973	3.108	4.823
Proline	g	0.887			4.025	2.516	3.903
Serine	g	0.768			3.485	2.178	3.380

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 282 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51.45			43.73	145.09	226.32
Food energy	kcal	284			241	801	1,250
	kJ	1,189			1,011	3,354	5,231
Protein (N x 6.25)	g	28.66			24.36	80.81	126.06
Total lipid (fat)	g	17.93			15.24	50.56	78.87
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.04			0.89	2.94	4.59
Minerals:							
Calcium	mg	6			5	18	28
Iron	mg	3.12			2.66	8.81	13.74
Magnesium	mg	22			19	63	98
Phosphorus	mg	245			208	690	1,076
Potassium	mg	282			239	794	1,238
Sodium	mg	50			42	140	218
Zinc	mg	4.91			4.17	13.84	21.59
Copper	mg	0.122			0.103	0.343	0.535
Manganese	mg	0.016			0.014	0.046	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.30
Riboflavin	mg	0.24			0.20	0.67	1.04
Niacin	mg	3.73			3.17	10.52	16.40
Pantothenic acid	mg	0.38			0.33	1.08	1.69
Vitamin B-6	mg	0.33			0.28	0.93	1.45
Folate	mcg	10			8	28	43
Vitamin B-12	mcg	2.35			2.00	6.63	10.34
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.72			5.71	18.95	29.56
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.11	0.17
12:0	g	0.04			0.03	0.10	0.15
14:0	g	0.54			0.46	1.52	2.37
16:0	g	4.21			3.58	11.88	18.53
18:0	g	1.90			1.61	5.35	8.34
Monounsaturated, total	g	7.80			6.63	22.01	34.33
16:1	g	0.80			0.68	2.26	3.52
18:1	g	6.98			5.93	19.69	30.71
20:1	g	0.02			0.02	0.07	0.10
22:1	g						
Polyunsaturated, total	g	0.68			0.58	1.92	3.00
18:2	g	0.46			0.39	1.30	2.03
18:3	g	0.17			0.15	0.48	0.75
18:4	g						
20:4	g	0.05			0.04	0.14	0.22
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96			81	270	422
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.273	0.905	1.412
Threonine	g	1.252			1.064	3.530	5.506
Isoleucine	g	1.288			1.095	3.633	5.668
Leucine	g	2.265			1.925	6.387	9.964
Lysine	g	2.384			2.027	6.723	10.488
Methionine	g	0.734			0.624	2.069	3.227
Cystine	g	0.321			0.273	0.905	1.412
Phenylalanine	g	1.119			0.951	3.155	4.921
Tyrosine	g	0.963			0.818	2.715	4.236
Valine	g	1.394			1.185	3.931	6.131
Arginine	g	1.811			1.539	5.107	7.967
Histidine	g	0.981			0.834	2.767	4.316
Alanine	g	1.729			1.469	4.874	7.604
Aspartic acid	g	2.618			2.225	7.383	11.517
Glutamic acid	g	4.305			3.660	12.141	18.939
Glycine	g	1.563			1.329	4.409	6.878
Proline	g	1.265			1.076	3.569	5.567
Serine	g	1.096			0.931	3.090	4.820

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice , Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 276 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.04			47.64	154.67	249.10
Food energy	kcal	227			193	627	1,011
	kJ	952			809	2,627	4,230
Protein (N x 6.25)	g	30.96			26.32	85.45	137.61
Total lipid (fat)	g	10.55			8.97	29.11	46.89
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.12			0.95	3.09	4.98
Minerals:							
Calcium	mg	5			4	15	23
Iron	mg	3.39			2.88	9.35	15.06
Magnesium	mg	24			21	67	109
Phosphorus	mg	266			226	734	1,183
Potassium	mg	302			257	834	1,344
Sodium	mg	51			43	140	225
Zinc	mg	5.36			4.55	14.79	23.81
Copper	mg	0.131			0.112	0.362	0.584
Manganese	mg	0.018			0.015	0.049	0.079
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.33
Riboflavin	mg	0.25			0.22	0.70	1.13
Niacin	mg	4.01			3.41	11.06	17.81
Pantothenic acid	mg	0.41			0.35	1.14	1.84
Vitamin B-6	mg	0.35			0.30	0.98	1.57
Folate	mcg	11			9	30	48
Vitamin B-12	mcg	2.44			2.08	6.75	10.87
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.70			3.15	10.22	16.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.04
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.29			0.25	0.80	1.28
16:0	g	2.33			1.98	6.44	10.37
18:0	g	1.07			0.91	2.94	4.74
Monounsaturated, total	g	4.61			3.92	12.73	20.50
16:1	g	0.47			0.40	1.30	2.09
18:1	g	4.14			3.52	11.41	18.38
20:1	g	0.01			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.40			0.34	1.11	1.79
18:2	g	0.29			0.25	0.81	1.30
18:3	g	0.06			0.05	0.16	0.26
18:4	g						
20:4	g	0.05			0.04	0.14	0.23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96			82	265	427
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.347			0.295	0.957	1.541
Threonine	g	1.352			1.149	3.732	6.011
Isoleucine	g	1.392			1.183	3.842	6.187
Leucine	g	2.447			2.080	6.754	10.877
Lysine	g	2.576			2.189	7.109	11.450
Methionine	g	0.793			0.674	2.187	3.523
Cystine	g	0.347			0.295	0.957	1.541
Phenylalanine	g	1.209			1.027	3.336	5.372
Tyrosine	g	1.040			0.884	2.871	4.624
Valine	g	1.506			1.280	4.156	6.694
Arginine	g	1.957			1.663	5.400	8.697
Histidine	g	1.060			0.901	2.926	4.712
Alanine	g	1.867			1.587	5.154	8.301
Aspartic acid	g	2.828			2.404	7.807	12.572
Glutamic acid	g	4.651			3.954	12.838	20.675
Glycine	g	1.689			1.436	4.662	7.508
Proline	g	1.367			1.162	3.773	6.077
Serine	g	1.184			1.006	3.268	5.262

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 338 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.73			46.52	184.99	243.55
Food energy	kcal	260			221	880	1,158
	kJ	1,090			926	3,683	4,849
Protein (N x 6.25)	g	26.42			22.46	89.29	117.56
Total lipid (fat)	g	16.35			13.90	55.28	72.78
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.24			1.05	4.18	5.51
Minerals:							
Calcium	mg	6			5	20	26
Iron	mg	2.86			2.43	9.67	12.74
Magnesium	mg	25			21	85	112
Phosphorus	mg	218			185	737	971
Potassium	mg	355			302	1,201	1,581
Sodium	mg	63			53	212	279
Zinc	mg	4.20			3.57	14.20	18.69
Copper	mg	0.101			0.086	0.341	0.449
Manganese	mg	0.015			0.012	0.049	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.26	0.35
Riboflavin	mg	0.22			0.19	0.76	1.00
Niacin	mg	3.75			3.18	12.66	16.67
Pantothenic acid	mg	0.32			0.28	1.10	1.44
Vitamin B-6	mg	0.34			0.29	1.16	1.53
Folate	mcg	11			10	38	50
Vitamin B-12	mcg	2.56			2.17	8.65	11.39
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.16			5.24	20.83	27.43
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.12	0.16
12:0	g	0.03			0.03	0.11	0.14
14:0	g	0.48			0.41	1.63	2.14
16:0	g	3.93			3.34	13.27	17.47
18:0	g	1.69			1.44	5.71	7.52
Monounsaturated, total	g	7.22			6.14	24.42	32.15
16:1	g	0.78			0.67	2.65	3.48
18:1	g	6.41			5.45	21.66	28.52
20:1	g	0.03			0.03	0.11	0.15
22:1	g						
Polyunsaturated, total	g	0.63			0.53	2.12	2.79
18:2	g	0.43			0.37	1.46	1.93
18:3	g	0.15			0.12	0.50	0.65
18:4	g						
20:4	g	0.05			0.04	0.16	0.21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	270	356
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.296			0.252	1.000	1.317
Threonine	g	1.154			0.981	3.900	5.135
Isoleucine	g	1.188			1.010	4.015	5.286
Leucine	g	2.088			1.775	7.058	9.292
Lysine	g	2.198			1.868	7.429	9.781
Methionine	g	0.676			0.575	2.286	3.010
Cystine	g	0.296			0.252	1.000	1.317
Phenylalanine	g	1.031			0.877	3.486	4.590
Tyrosine	g	0.888			0.755	3.000	3.950
Valine	g	1.285			1.092	4.343	5.718
Arginine	g	1.670			1.419	5.643	7.430
Histidine	g	0.905			0.769	3.057	4.025
Alanine	g	1.594			1.355	5.386	7.091
Aspartic acid	g	2.414			2.052	8.158	10.740
Glutamic acid	g	3.969			3.374	13.416	17.662
Glycine	g	1.441			1.225	4.872	6.414
Proline	g	1.167			0.992	3.943	5.192
Serine	g	1.010			0.859	3.415	4.496

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 341 g[1]	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.82			50.84	203.97	268.63
Food energy	kcal	203			172	691	910
	kJ	848			721	2,892	3,809
Protein (N x 6.25)	g	28.41			24.15	96.87	127.58
Total lipid (fat)	g	9.01			7.66	30.74	40.48
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.34			1.14	4.56	6.01
Minerals:							
Calcium	mg	5			4	17	22
Iron	mg	3.09			2.63	10.54	13.88
Magnesium	mg	28			23	94	124
Phosphorus	mg	236			201	805	1,060
Potassium	mg	385			327	1,313	1,729
Sodium	mg	65			56	223	294
Zinc	mg	4.55			3.87	15.53	20.45
Copper	mg	0.108			0.092	0.368	0.485
Manganese	mg	0.015			0.013	0.053	0.070
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.29	0.38
Riboflavin	mg	0.24			0.21	0.82	1.09
Niacin	mg	4.02			3.42	13.72	18.07
Pantothenic acid	mg	0.35			0.29	1.18	1.55
Vitamin B-6	mg	0.37			0.31	1.26	1.66
Folate	mcg	12			10	42	55
Vitamin B-12	mcg	2.68			2.28	9.13	12.02
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.12			2.66	10.66	14.03
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.01	0.01
12:0	g	0.00			0.00	0.01	0.02
14:0	g	0.23			0.19	0.78	1.02
16:0	g	2.05			1.74	6.98	9.19
18:0	g	0.84			0.72	2.88	3.79
Monounsaturated, total	g	4.06			3.45	13.85	18.25
16:1	g	0.46			0.39	1.56	2.05
18:1	g	3.59			3.05	12.24	16.12
20:1	g	0.02			0.01	0.05	0.07
22:1	g						
Polyunsaturated, total	g	0.35			0.30	1.20	1.58
18:2	g	0.27			0.23	0.93	1.22
18:3	g	0.03			0.02	0.09	0.12
18:4	g						
20:4	g	0.05			0.04	0.18	0.24
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	266	350
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.318			0.270	1.085	1.429
Threonine	g	1.241			1.055	4.232	5.574
Isoleucine	g	1.277			1.086	4.356	5.737
Leucine	g	2.246			1.909	7.658	10.085
Lysine	g	2.364			2.009	8.061	10.616
Methionine	g	0.727			0.618	2.480	3.267
Cystine	g	0.318			0.270	1.085	1.429
Phenylalanine	g	1.109			0.943	3.782	4.981
Tyrosine	g	0.955			0.811	3.255	4.287
Valine	g	1.382			1.175	4.712	6.206
Arginine	g	1.796			1.526	6.123	8.064
Histidine	g	0.973			0.827	3.317	4.369
Alanine	g	1.714			1.457	5.844	7.697
Aspartic acid	g	2.596			2.206	8.851	11.657
Glutamic acid	g	4.269			3.628	14.556	19.170
Glycine	g	1.550			1.318	5.286	6.962
Proline	g	1.255			1.066	4.278	5.635
Serine	g	1.086			0.924	3.705	4.879

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.88			294.29	18.39	288.39
Food energy	kcal	195			885	55	867
	kJ	816			3,703	231	3,629
Protein (N x 6.25)	g	20.37			92.38	5.77	90.53
Total lipid (fat)	g	11.98			54.35	3.40	53.26
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.95			4.30	0.27	4.21
Minerals:							
Calcium	mg	5			21	1	21
Iron	mg	2.20			9.98	0.62	9.78
Magnesium	mg	23			102	6	100
Phosphorus	mg	198			898	56	880
Potassium	mg	337			1,531	96	1,500
Sodium	mg	56			253	16	248
Zinc	mg	3.23			14.67	0.92	14.37
Copper	mg	0.077			0.352	0.022	0.344
Manganese	mg	0.013			0.060	0.004	0.058
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.49	0.03	0.48
Riboflavin	mg	0.18			0.83	0.05	0.81
Niacin	mg	3.83			17.37	1.09	17.02
Pantothenic acid	mg	0.41			1.86	0.12	1.82
Vitamin B-6	mg	0.53			2.39	0.15	2.34
Folate	mcg	9			42	3	41
Vitamin B-12	mcg	2.77			12.56	0.78	12.31
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.67			21.16	1.32	20.74
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.15	0.01	0.15
12:0	g	0.02			0.10	0.01	0.10
14:0	g	0.36			1.65	0.10	1.62
16:0	g	2.89			13.10	0.82	12.83
18:0	g	1.36			6.15	0.38	6.03
Monounsaturated, total	g	5.30			24.03	1.50	23.55
16:1	g	0.64			2.92	0.18	2.86
18:1	g	4.63			21.02	1.31	20.60
20:1	g	0.02			0.09	0.01	0.08
22:1	g						
Polyunsaturated, total	g	0.44			2.02	0.13	1.98
18:2	g	0.29			1.33	0.08	1.30
18:3	g	0.12			0.56	0.04	0.55
18:4	g						
20:4	g	0.03			0.12	0.01	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	63			288	18	282
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.228			1.035	0.065	1.014
Threonine	g	0.890			4.035	0.252	3.954
Isoleucine	g	0.916			4.154	0.260	4.070
Leucine	g	1.610			7.302	0.456	7.155
Lysine	g	1.694			7.686	0.480	7.532
Methionine	g	0.521			2.365	0.148	2.318
Cystine	g	0.228			1.035	0.065	1.014
Phenylalanine	g	0.795			3.607	0.225	3.534
Tyrosine	g	0.684			3.104	0.194	3.042
Valine	g	0.991			4.493	0.281	4.403
Arginine	g	1.287			5.839	0.365	5.721
Histidine	g	0.697			3.163	0.198	3.100
Alanine	g	1.229			5.573	0.348	5.461
Aspartic acid	g	1.861			8.440	0.528	8.271
Glutamic acid	g	3.060			13.880	0.867	13.601
Glycine	g	1.111			5.040	0.315	4.939
Proline	g	0.899			4.080	0.255	3.998
Serine	g	0.779			3.533	0.221	3.462

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 282 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	53.40			45.39	150.58	234.89
Food energy	*kcal*	259			220	731	1,140
	kJ	1,085			922	3,058	4,771
Protein (N x 6.25)	*g*	28.87			24.54	81.40	126.98
Total lipid (fat)	*g*	15.06			12.80	42.47	66.24
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.05			0.89	2.96	4.62
Minerals:							
Calcium	*mg*	6			5	17	27
Iron	*mg*	3.15			2.68	8.88	13.85
Magnesium	*mg*	23			19	64	99
Phosphorus	*mg*	247			210	695	1,084
Potassium	*mg*	283			241	799	1,247
Sodium	*mg*	50			42	140	219
Zinc	*mg*	4.95			4.21	13.96	21.77
Copper	*mg*	0.122			0.104	0.345	0.539
Manganese	*mg*	0.017			0.014	0.047	0.073
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.20	0.31
Riboflavin	*mg*	0.24			0.20	0.67	1.05
Niacin	*mg*	3.75			3.19	10.58	16.51
Pantothenic acid	*mg*	0.39			0.33	1.09	1.70
Vitamin B-6	*mg*	0.33			0.28	0.93	1.46
Folate	*mcg*	10			8	28	44
Vitamin B-12	*mcg*	2.36			2.01	6.65	10.38
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	5.70			4.85	16.08	25.09
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.04			0.03	0.10	0.15
12:0	*g*	0.03			0.03	0.09	0.14
14:0	*g*	0.46			0.39	1.29	2.02
16:0	*g*	3.57			3.04	10.07	15.72
18:0	*g*	1.60			1.36	4.52	7.06
Monounsaturated, total	*g*	6.55			5.57	18.47	28.82
16:1	*g*	0.67			0.57	1.89	2.95
18:1	*g*	5.86			4.98	16.52	25.76
20:1	*g*	0.02			0.02	0.06	0.10
22:1	*g*						
Polyunsaturated, total	*g*	0.57			0.49	1.61	2.52
18:2	*g*	0.38			0.32	1.08	1.68
18:3	*g*	0.15			0.13	0.43	0.68
18:4	*g*						
20:4	*g*	0.04			0.03	0.10	0.16
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	96			81	270	422
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.323			0.275	0.912	1.422
Threonine	*g*	1.261			1.072	3.556	5.546
Isoleucine	*g*	1.298			1.103	3.660	5.709
Leucine	*g*	2.282			1.939	6.434	10.036
Lysine	*g*	2.402			2.041	6.773	10.565
Methionine	*g*	0.739			0.628	2.084	3.251
Cystine	*g*	0.323			0.275	0.912	1.422
Phenylalanine	*g*	1.127			0.958	3.178	4.957
Tyrosine	*g*	0.970			0.824	2.735	4.267
Valine	*g*	1.404			1.193	3.959	6.176
Arginine	*g*	1.824			1.551	5.145	8.025
Histidine	*g*	0.988			0.840	2.787	4.348
Alanine	*g*	1.741			1.480	4.910	7.659
Aspartic acid	*g*	2.637			2.242	7.437	11.601
Glutamic acid	*g*	4.337			3.686	12.230	19.077
Glycine	*g*	1.575			1.339	4.441	6.928
Proline	*g*	1.275			1.083	3.595	5.607
Serine	*g*	1.104			0.938	3.113	4.856

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 276 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.09			49.38	160.34	258.23
Food energy	kcal	201			171	556	896
	kJ	843			717	2,328	3,749
Protein (N x 6.25)	g	31.17			26.49	86.03	138.54
Total lipid (fat)	g	7.58			6.44	20.92	33.70
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.13			0.96	3.11	5.01
Minerals:							
Calcium	mg	5			4	14	23
Iron	mg	3.41			2.90	9.42	15.17
Magnesium	mg	25			21	68	109
Phosphorus	mg	268			228	740	1,192
Potassium	mg	304			259	840	1,352
Sodium	mg	51			43	140	226
Zinc	mg	5.40			4.59	14.90	24.00
Copper	mg	0.132			0.112	0.365	0.588
Manganese	mg	0.018			0.015	0.049	0.079
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.33
Riboflavin	mg	0.26			0.22	0.71	1.14
Niacin	mg	4.03			3.43	11.13	17.92
Pantothenic acid	mg	0.42			0.35	1.15	1.85
Vitamin B-6	mg	0.36			0.30	0.98	1.58
Folate	mcg	11			9	30	48
Vitamin B-12	mcg	2.45			2.09	6.77	10.90
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.65			2.26	7.33	11.80
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.00	0.01	0.02
14:0	g	0.21			0.18	0.57	0.92
16:0	g	1.67			1.42	4.62	7.44
18:0	g	0.76			0.65	2.11	3.40
Monounsaturated, total	g	3.31			2.82	9.15	14.73
16:1	g	0.34			0.29	0.93	1.50
18:1	g	2.97			2.53	8.20	13.21
20:1	g	0.00			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.29			0.25	0.80	1.29
18:2	g	0.21			0.18	0.58	0.94
18:3	g	0.04			0.03	0.11	0.18
18:4	g						
20:4	g	0.04			0.03	0.11	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96			82	265	427
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.349			0.297	0.963	1.552
Threonine	g	1.361			1.157	3.758	6.052
Isoleucine	g	1.401			1.191	3.868	6.229
Leucine	g	2.464			2.094	6.799	10.951
Lysine	g	2.593			2.204	7.157	11.527
Methionine	g	0.798			0.678	2.202	3.547
Cystine	g	0.349			0.297	0.963	1.552
Phenylalanine	g	1.217			1.034	3.358	5.409
Tyrosine	g	1.047			0.890	2.890	4.655
Valine	g	1.516			1.289	4.184	6.739
Arginine	g	1.970			1.674	5.437	8.756
Histidine	g	1.067			0.907	2.946	4.744
Alanine	g	1.880			1.598	5.189	8.357
Aspartic acid	g	2.848			2.420	7.859	12.657
Glutamic acid	g	4.683			3.980	12.924	20.815
Glycine	g	1.701			1.445	4.694	7.559
Proline	g	1.376			1.170	3.799	6.118
Serine	g	1.192			1.013	3.290	5.298

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	57.43			48.82	194.13	255.30
Food energy	*kcal*	234			199	790	1,039
	kJ	979			832	3,308	4,350
Protein (N x 6.25)	*g*	26.78			22.76	90.52	119.04
Total lipid (fat)	*g*	13.24			11.25	44.75	58.85
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.26			1.07	4.24	5.58
Minerals:							
Calcium	*mg*	6			5	19	26
Iron	*mg*	2.90			2.47	9.81	12.91
Magnesium	*mg*	26			22	86	114
Phosphorus	*mg*	221			188	748	984
Potassium	*mg*	361			307	1,219	1,603
Sodium	*mg*	63			54	214	281
Zinc	*mg*	4.26			3.62	14.41	18.96
Copper	*mg*	0.102			0.087	0.345	0.454
Manganese	*mg*	0.015			0.012	0.050	0.065
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.27	0.35
Riboflavin	*mg*	0.23			0.19	0.77	1.01
Niacin	*mg*	3.80			3.23	12.83	16.88
Pantothenic acid	*mg*	0.33			0.28	1.11	1.46
Vitamin B-6	*mg*	0.35			0.30	1.18	1.55
Folate	*mcg*	11			10	39	51
Vitamin B-12	*mcg*	2.58			2.19	8.72	11.47
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	5.01			4.26	16.94	22.27
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.03			0.03	0.10	0.13
12:0	*g*	0.03			0.02	0.09	0.12
14:0	*g*	0.39			0.33	1.33	1.74
16:0	*g*	3.19			2.71	10.77	14.17
18:0	*g*	1.37			1.17	4.64	6.11
Monounsaturated, total	*g*	5.84			4.97	19.75	25.97
16:1	*g*	0.63			0.54	2.13	2.81
18:1	*g*	5.18			4.41	17.52	23.04
20:1	*g*	0.03			0.02	0.09	0.12
22:1	*g*						
Polyunsaturated, total	*g*	0.51			0.43	1.71	2.25
18:2	*g*	0.35			0.30	1.18	1.55
18:3	*g*	0.12			0.10	0.42	0.55
18:4	*g*						
20:4	*g*	0.04			0.03	0.12	0.16
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	80			68	269	354
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.300			0.255	1.014	1.333
Threonine	*g*	1.170			0.994	3.954	5.200
Isoleucine	*g*	1.204			1.023	4.070	5.352
Leucine	*g*	2.117			1.799	7.155	9.409
Lysine	*g*	2.228			1.894	7.531	9.904
Methionine	*g*	0.686			0.583	2.317	3.047
Cystine	*g*	0.300			0.255	1.014	1.333
Phenylalanine	*g*	1.046			0.889	3.534	4.647
Tyrosine	*g*	0.900			0.765	3.041	4.000
Valine	*g*	1.303			1.107	4.403	5.790
Arginine	*g*	1.693			1.439	5.721	7.523
Histidine	*g*	0.917			0.779	3.099	4.076
Alanine	*g*	1.615			1.373	5.460	7.181
Aspartic acid	*g*	2.447			2.080	8.270	10.876
Glutamic acid	*g*	4.024			3.420	13.600	17.885
Glycine	*g*	1.461			1.242	4.939	6.495
Proline	*g*	1.183			1.005	3.997	5.257
Serine	*g*	1.024			0.870	3.461	4.552

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 341 g[1]	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.58			53.19	213.40	281.05
Food energy	kcal	177			150	602	793
	kJ	739			628	2,521	3,320
Protein (N x 6.25)	g	28.59			24.30	97.48	128.38
Total lipid (fat)	g	6.04			5.14	20.61	27.14
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.35			1.14	4.59	6.05
Minerals:							
Calcium	mg	5			4	16	22
Iron	mg	3.11			2.64	10.61	13.97
Magnesium	mg	28			24	95	125
Phosphorus	mg	238			202	811	1,068
Potassium	mg	388			330	1,322	1,742
Sodium	mg	66			56	224	295
Zinc	mg	4.59			3.90	15.64	20.60
Copper	mg	0.109			0.092	0.370	0.488
Manganese	mg	0.016			0.013	0.053	0.070
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.29	0.38
Riboflavin	mg	0.24			0.21	0.83	1.09
Niacin	mg	4.05			3.44	13.81	18.18
Pantothenic acid	mg	0.35			0.30	1.19	1.56
Vitamin B-6	mg	0.37			0.32	1.27	1.67
Folate	mcg	12			11	42	56
Vitamin B-12	mcg	2.69			2.28	9.17	12.07
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.05			1.74	6.98	9.19
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.15			0.12	0.50	0.66
16:0	g	1.35			1.15	4.62	6.08
18:0	g	0.55			0.47	1.87	2.46
Monounsaturated, total	g	2.74			2.33	9.33	12.29
16:1	g	0.31			0.26	1.05	1.38
18:1	g	2.42			2.06	8.25	10.86
20:1	g	0.01			0.01	0.04	0.05
22:1	g						
Polyunsaturated, total	g	0.24			0.20	0.81	1.06
18:2	g	0.19			0.16	0.64	0.85
18:3	g	0.01			0.01	0.03	0.04
18:4	g						
20:4	g	0.04			0.03	0.14	0.18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	265	349
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.320			0.272	1.092	1.438
Threonine	g	1.249			1.062	4.259	5.609
Isoleucine	g	1.286			1.093	4.384	5.773
Leucine	g	2.260			1.921	7.707	10.150
Lysine	g	2.379			2.022	8.112	10.684
Methionine	g	0.732			0.622	2.496	3.287
Cystine	g	0.320			0.272	1.092	1.438
Phenylalanine	g	1.116			0.949	3.807	5.013
Tyrosine	g	0.961			0.817	3.276	4.315
Valine	g	1.391			1.182	4.743	6.246
Arginine	g	1.807			1.536	6.162	8.116
Histidine	g	0.979			0.832	3.339	4.397
Alanine	g	1.725			1.466	5.881	7.746
Aspartic acid	g	2.612			2.220	8.908	11.732
Glutamic acid	g	4.296			3.651	14.649	19.293
Glycine	g	1.560			1.326	5.320	7.006
Proline	g	1.263			1.073	4.306	5.671
Serine	g	1.093			0.929	3.729	4.911

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 244 g[1]	Refuse: Connective tissue 3% Separable fat 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.60		11	48.96	140.54	219.46
Food energy	kcal	209			178	510	796
	kJ	874			743	2,133	3,331
Protein (N x 6.25)	g	31.59	0.767	15	26.85	77.07	120.35
Total lipid (fat)	g	8.20		7	6.97	20.01	31.24
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.14	0.081	15	0.97	2.78	4.34
Minerals:							
Calcium	mg	5	0.336	11	4	12	19
Iron	mg	3.46	0.191	11	2.94	8.44	13.18
Magnesium	mg	25	0.433	11	21	61	95
Phosphorus	mg	272			231	664	1,036
Potassium	mg	308	10.394	11	262	752	1,173
Sodium	mg	51	5.005	11	43	124	194
Zinc	mg	5.48	0.396	8	4.66	13.37	20.88
Copper	mg	0.134	0.008	8	0.114	0.327	0.511
Manganese	mg	0.018			0.015	0.044	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07	0.005	15	0.06	0.18	0.29
Riboflavin	mg	0.26	0.012	12	0.22	0.63	0.99
Niacin	mg	4.08	0.163	15	3.47	9.96	15.56
Pantothenic acid	mg	0.42	0.038	4	0.36	1.03	1.60
Vitamin B-6	mg	0.36	0.021	4	0.31	0.88	1.37
Folate	mcg	11	2.252	15	9	27	42
Vitamin B-12	mcg	2.47	0.337	15	2.10	6.03	9.41
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.77			2.35	6.76	10.55
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		7	0.00	0.00	0.00
12:0	g	0.00		7	0.00	0.00	0.00
14:0	g	0.21		8	0.18	0.52	0.81
16:0	g	1.75		8	1.49	4.27	6.67
18:0	g	0.81		8	0.69	1.97	3.07
Monounsaturated, total	g	3.59			3.05	8.77	13.69
16:1	g	0.37		8	0.31	0.89	1.39
18:1	g	3.23		8	2.74	7.87	12.30
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.31			0.27	0.77	1.20
18:2	g	0.24		8	0.20	0.58	0.91
18:3	g	0.03		8	0.02	0.06	0.10
18:4	g						
20:4	g	0.05		8	0.04	0.12	0.19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96	4.386	8	82	234	366
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.354			0.301	0.863	1.348
Threonine	g	1.380			1.173	3.367	5.257
Isoleucine	g	1.420			1.207	3.465	5.411
Leucine	g	2.497			2.122	6.092	9.512
Lysine	g	2.628			2.234	6.413	10.013
Methionine	g	0.809			0.687	1.973	3.081
Cystine	g	0.354			0.301	0.863	1.348
Phenylalanine	g	1.233			1.048	3.009	4.698
Tyrosine	g	1.061			0.902	2.590	4.044
Valine	g	1.536			1.306	3.749	5.854
Arginine	g	1.996			1.697	4.871	7.606
Histidine	g	1.082			0.919	2.639	4.121
Alanine	g	1.905			1.620	4.649	7.259
Aspartic acid	g	2.886			2.453	7.041	10.995
Glutamic acid	g	4.746			4.034	11.580	18.081
Glycine	g	1.723			1.465	4.205	6.566
Proline	g	1.395			1.186	3.404	5.315
Serine	g	1.208			1.027	2.947	4.602

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 267 g[1]	Refuse: Connective tissue 2% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.00			49.30	154.86	252.59
Food energy	kcal	203			173	543	886
	kJ	852			724	2,274	3,709
Protein (N x 6.25)	g	31.59	0.767	15	26.85	84.34	137.56
Total lipid (fat)	g	7.60			6.46	20.29	33.10
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.14	0.081	15	0.97	3.04	4.96
Minerals:							
Calcium	mg	5	0.336	11	4	13	22
Iron	mg	3.46	0.191	11	2.94	9.24	15.07
Magnesium	mg	25	0.433	11	21	67	109
Phosphorus	mg	272		1	231	726	1,185
Potassium	mg	308	10.394	11	262	822	1,341
Sodium	mg	51	5.005	11	43	136	222
Zinc	mg	5.48	0.396	8	4.66	14.63	23.87
Copper	mg	0.134	0.008	8	0.114	0.358	0.584
Manganese	mg	0.018			0.015	0.048	0.078
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07	0.005	15	0.06	0.20	0.33
Riboflavin	mg	0.26	0.012	12	0.22	0.69	1.13
Niacin	mg	4.08	0.163	15	3.47	10.90	17.78
Pantothenic acid	mg	0.42	0.038	4	0.36	1.12	1.83
Vitamin B-6	mg	0.36	0.021	4	0.31	0.96	1.57
Folate	mcg	11	2.252	15	9	29	48
Vitamin B-12	mcg	2.47	0.337	15	2.10	6.59	10.76
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.57			2.18	6.85	11.18
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		7	0.00	0.00	0.00
12:0	g	0.00		7	0.00	0.00	0.00
14:0	g	0.20		8	0.17	0.53	0.86
16:0	g	1.62		8	1.38	4.33	7.06
18:0	g	0.75		8	0.64	2.00	3.26
Monounsaturated, total	g	3.33			2.83	8.89	14.50
16:1	g	0.34		8	0.29	0.90	1.47
18:1	g	2.99		8	2.54	7.99	13.03
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.29			0.25	0.78	1.27
18:2	g	0.22		8	0.19	0.59	0.96
18:3	g	0.02		8	0.02	0.06	0.10
18:4	g						
20:4	g	0.05		8	0.04	0.13	0.21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96	4.385	8	82	256	418
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.354			0.301	0.945	1.541
Threonine	g	1.380			1.173	3.684	6.009
Isoleucine	g	1.420			1.207	3.792	6.185
Leucine	g	2.497			2.122	6.666	10.873
Lysine	g	2.628			2.234	7.017	11.445
Methionine	g	0.809			0.687	2.159	3.522
Cystine	g	0.354			0.301	0.945	1.541
Phenylalanine	g	1.233			1.048	3.293	5.370
Tyrosine	g	1.061			0.902	2.834	4.622
Valine	g	1.536			1.306	4.102	6.691
Arginine	g	1.996			1.697	5.330	8.694
Histidine	g	1.082			0.919	2.888	4.710
Alanine	g	1.905			1.620	5.087	8.298
Aspartic acid	g	2.886			2.453	7.705	12.568
Glutamic acid	g	4.746			4.034	12.671	20.667
Glycine	g	1.723			1.465	4.602	7.505
Proline	g	1.395			1.186	3.724	6.075
Serine	g	1.208			1.027	3.225	5.260

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 297 g[1]	Refuse: Separable fat 11% Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.53			51.45	179.76	236.05
Food energy	kcal	189			161	562	738
	kJ	793			674	2,354	3,091
Protein (N x 6.25)	g	28.77			24.46	85.46	112.22
Total lipid (fat)	g	7.37			6.26	21.88	28.74
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.36			1.15	4.03	5.29
Minerals:							
Calcium	mg	5			4	14	18
Iron	mg	3.13			2.66	9.30	12.21
Magnesium	mg	28			24	83	109
Phosphorus	mg	239			203	711	933
Potassium	mg	391			332	1,160	1,523
Sodium	mg	66			56	196	257
Zinc	mg	4.62			3.93	13.72	18.01
Copper	mg	0.109			0.093	0.324	0.426
Manganese	mg	0.016			0.013	0.047	0.061
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.25	0.33
Riboflavin	mg	0.24			0.21	0.73	0.96
Niacin	mg	4.07			3.46	12.10	15.89
Pantothenic acid	mg	0.35			0.30	1.04	1.36
Vitamin B-6	mg	0.37			0.32	1.11	1.46
Folate	mcg	12			11	37	49
Vitamin B-12	mcg	2.70			2.29	8.02	10.52
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.51			2.13	7.46	9.80
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.18			0.15	0.53	0.70
16:0	g	1.65			1.40	4.90	6.44
18:0	g	0.68			0.58	2.02	2.66
Monounsaturated, total	g	3.34			2.84	9.91	13.01
16:1	g	0.38			0.33	1.14	1.49
18:1	g	2.94			2.50	8.74	11.47
20:1	g	0.01			0.01	0.04	0.05
22:1	g						
Polyunsaturated, total	g	0.29			0.24	0.85	1.12
18:2	g	0.23			0.19	0.67	0.89
18:3	g	0.01			0.01	0.04	0.05
18:4	g						
20:4	g	0.05			0.04	0.14	0.19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	231	303
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.274	0.957	1.257
Threonine	g	1.257			1.068	3.733	4.902
Isoleucine	g	1.294			1.100	3.842	5.045
Leucine	g	2.274			1.933	6.755	8.870
Lysine	g	2.394			2.035	7.110	9.337
Methionine	g	0.737			0.626	2.188	2.873
Cystine	g	0.322			0.274	0.957	1.257
Phenylalanine	g	1.123			0.955	3.336	4.381
Tyrosine	g	0.967			0.822	2.871	3.771
Valine	g	1.400			1.190	4.157	5.458
Arginine	g	1.819			1.546	5.401	7.092
Histidine	g	0.985			0.837	2.926	3.842
Alanine	g	1.736			1.475	5.155	6.769
Aspartic acid	g	2.629			2.235	7.808	10.252
Glutamic acid	g	4.323			3.675	12.840	16.860
Glycine	g	1.570			1.334	4.663	6.123
Proline	g	1.271			1.080	3.774	4.956
Serine	g	1.100			0.935	3.268	4.291

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 334 g[1]	Refuse: Separable fat 2% Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.18			52.01	204.36	269.21
Food energy	kcal	183			156	612	807
	kJ	766			652	2,564	3,378
Protein (N x 6.25)	g	28.77			24.45	96.09	126.58
Total lipid (fat)	g	6.71			5.70	22.41	29.53
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.36			1.15	4.53	5.96
Minerals:							
Calcium	mg	5			4	16	21
Iron	mg	3.13			2.66	10.46	13.78
Magnesium	mg	28			24	93	123
Phosphorus	mg	239			203	798	1,053
Potassium	mg	391			332	1,304	1,718
Sodium	mg	66			56	220	290
Zinc	mg	4.62			3.93	15.43	20.32
Copper	mg	0.109			0.093	0.365	0.481
Manganese	mg	0.016			0.013	0.052	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.28	0.37
Riboflavin	mg	0.24			0.21	0.82	1.08
Niacin	mg	4.07			3.46	13.61	17.92
Pantothenic acid	mg	0.35			0.30	1.17	1.54
Vitamin B-6	mg	0.37			0.32	1.25	1.65
Folate	mcg	12			11	42	55
Vitamin B-12	mcg	2.70			2.29	9.01	11.87
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.24			1.90	7.48	9.85
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.16			0.13	0.53	0.69
16:0	g	1.48			1.26	4.96	6.54
18:0	g	0.60			0.51	2.00	2.64
Monounsaturated, total	g	3.05			2.59	10.19	13.42
16:1	g	0.35			0.29	1.16	1.53
18:1	g	2.69			2.29	8.99	11.85
20:1	g	0.01			0.01	0.04	0.05
22:1	g						
Polyunsaturated, total	g	0.26			0.22	0.88	1.16
18:2	g	0.21			0.18	0.71	0.94
18:3	g	0.01			0.01	0.04	0.05
18:4	g						
20:4	g	0.05			0.04	0.16	0.21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	260	342
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.274	1.076	1.418
Threonine	g	1.257			1.068	4.198	5.530
Isoleucine	g	1.294			1.100	4.321	5.692
Leucine	g	2.274			1.933	7.596	10.007
Lysine	g	2.394			2.035	7.996	10.534
Methionine	g	0.737			0.626	2.460	3.241
Cystine	g	0.322			0.274	1.076	1.418
Phenylalanine	g	1.123			0.955	3.752	4.943
Tyrosine	g	0.967			0.822	3.229	4.254
Valine	g	1.400			1.190	4.675	6.158
Arginine	g	1.819			1.546	6.074	8.002
Histidine	g	0.985			0.837	3.291	4.335
Alanine	g	1.736			1.475	5.797	7.637
Aspartic acid	g	2.629			2.235	8.780	11.567
Glutamic acid	g	4.323			3.675	14.439	19.022
Glycine	g	1.570			1.334	5.244	6.908
Proline	g	1.271			1.080	4.244	5.591
Serine	g	1.100			0.935	3.675	4.841

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 241 g[1]	Refuse: Connective tissue 3% Separable fat 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	56.80			48.28	136.89	213.85
Food energy	*kcal*	220			87	529	827
	kJ	920			782	2,216	3,462
Protein (N x 6.25)	*g*	31.59			26.85	76.13	118.93
Total lipid (fat)	*g*	9.40			7.99	22.65	35.39
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.14			0.97	2.75	4.29
Minerals:							
Calcium	*mg*	5			4	12	19
Iron	*mg*	3.46			2.94	8.34	13.03
Magnesium	*mg*	25			21	60	94
Phosphorus	*mg*	272			231	656	1,024
Potassium	*mg*	308			262	742	1,160
Sodium	*mg*	51			43	123	192
Zinc	*mg*	5.48			4.66	13.21	20.63
Copper	*mg*	0.134			0.114	0.323	0.505
Manganese	*mg*	0.018			0.015	0.043	0.068
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.18	0.28
Riboflavin	*mg*	0.26			0.22	0.63	0.98
Niacin	*mg*	4.08			3.47	9.84	15.37
Pantothenic acid	*mg*	0.42			0.36	1.01	1.59
Vitamin B-6	*mg*	0.36			0.31	0.87	1.36
Folate	*mcg*	11			9	27	41
Vitamin B-12	*mcg*	2.47			2.10	5.95	9.30
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	3.17			2.70	7.65	11.95
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.24			0.21	0.59	0.92
16:0	*g*	2.01			1.70	4.83	7.55
18:0	*g*	0.92			0.79	2.23	3.48
Monounsaturated, total	*g*	4.12			3.50	9.93	15.51
16:1	*g*	0.42			0.36	1.01	1.58
18:1	*g*	3.70			3.14	8.92	13.93
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.36			0.31	0.87	1.36
18:2	*g*	0.27			0.23	0.66	1.03
18:3	*g*	0.03			0.02	0.07	0.11
18:4	*g*						
20:4	*g*	0.06			0.05	0.14	0.22
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	96			82	231	361
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.354			0.301	0.853	1.332
Threonine	*g*	1.380			1.173	3.325	5.195
Isoleucine	*g*	1.420			1.207	3.423	5.347
Leucine	*g*	2.497			2.122	6.017	9.400
Lysine	*g*	2.623			2.234	6.334	9.895
Methionine	*g*	0.809			0.687	1.949	3.045
Cystine	*g*	0.354			0.301	0.853	1.332
Phenylalanine	*g*	1.233			1.048	2.972	4.643
Tyrosine	*g*	1.061			0.902	2.558	3.996
Valine	*g*	1.536			1.306	3.703	5.785
Arginine	*g*	1.996			1.697	4.811	7.516
Histidine	*g*	1.082			0.919	2.607	4.072
Alanine	*g*	1.905			1.620	4.592	7.174
Aspartic acid	*g*	2.886			2.453	6.955	10.865
Glutamic acid	*g*	4.746			4.034	11.437	17.868
Glycine	*g*	1.723			1.465	4.153	6.489
Proline	*g*	1.395			1.186	3.362	5.252
Serine	*g*	1.208			1.027	2.911	4.548

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 267 g[1]	Refuse: Connective tissue 2% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.20			48.62	152.72	246.47
Food energy	kcal	213			181	570	919
	kJ	893			759	2,385	3,848
Protein (N x 6.25)	g	31.59			26.85	84.34	136.11
Total lipid (fat)	g	8.70			7.39	23.23	37.49
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.14			0.97	3.04	4.91
Minerals:							
Calcium	mg	5			4	13	22
Iron	mg	3.46			2.94	9.24	14.91
Magnesium	mg	25			21	67	108
Phosphorus	mg	272			231	726	1,172
Potassium	mg	308			262	822	1,327
Sodium	mg	51			43	136	220
Zinc	mg	5.48			4.66	14.63	23.61
Copper	mg	0.134			0.114	0.358	0.577
Manganese	mg	0.018			0.015	0.048	0.078
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.32
Riboflavin	mg	0.26			0.22	0.69	1.12
Niacin	mg	4.08			3.47	10.90	17.59
Pantothenic acid	mg	0.42			0.36	1.12	1.81
Vitamin B-6	mg	0.36			0.31	0.96	1.55
Folate	mcg	11			9	29	47
Vitamin B-12	mcg	2.47			2.10	6.59	10.64
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.94			2.50	7.84	12.66
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.23			0.19	0.60	0.97
16:0	g	1.86			1.58	4.96	8.00
18:0	g	0.86			0.73	2.29	3.69
Monounsaturated, total	g	3.81			3.24	10.18	16.42
16:1	g	0.39			0.33	1.03	1.67
18:1	g	3.42			2.91	9.14	14.75
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.33			0.28	0.89	1.44
18:2	g	0.25			0.21	0.67	1.09
18:3	g	0.03			0.02	0.07	0.12
18:4	g						
20:4	g	0.05			0.05	0.14	0.23
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96			82	256	414
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.354			0.301	0.945	1.524
Threonine	g	1.380			1.173	3.684	5.945
Isoleucine	g	1.420			1.207	3.792	6.120
Leucine	g	2.497			2.122	6.666	10.758
Lysine	g	2.628			2.234	7.017	11.324
Methionine	g	0.809			0.687	2.159	3.484
Cystine	g	0.354			0.301	0.945	1.524
Phenylalanine	g	1.233			1.048	3.293	5.314
Tyrosine	g	1.061			0.902	2.834	4.573
Valine	g	1.536			1.306	4.102	6.620
Arginine	g	1.996			1.697	5.330	6.602
Histidine	g	1.082			0.919	2.888	4.660
Alanine	g	1.905			1.620	5.087	8.210
Aspartic acid	g	2.886			2.453	7.705	12.435
Glutamic acid	g	4.746			4.034	12.671	20.449
Glycine	g	1.723			1.465	4.602	7.426
Proline	g	1.395			1.186	3.724	6.011
Serine	g	1.208			1.027	3.225	5.205

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 293 g[1]	Refuse: Connective tissue 2% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.13			51.11	176.19	232.11
Food energy	kcal	198			168	579	763
	kJ	827			703	2,424	3,194
Protein (N x 6.25)	g	28.77			24.46	84.31	111.07
Total lipid (fat)	g	8.29			7.05	24.29	32.00
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.36			1.15	3.97	5.23
Minerals:							
Calcium	mg	5			4	14	18
Iron	mg	3.13			2.66	9.18	12.09
Magnesium	mg	28			24	82	108
Phosphorus	mg	239			203	701	924
Potassium	mg	391			332	1,144	1,507
Sodium	mg	66			56	193	255
Zinc	mg	4.62			3.93	13.53	17.83
Copper	mg	0.109			0.093	0.320	0.422
Manganese	mg	0.016			0.013	0.046	0.060
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.25	0.33
Riboflavin	mg	0.24			0.21	0.72	0.95
Niacin	mg	4.07			3.46	11.94	15.72
Pantothenic acid	mg	0.35			0.30	1.02	1.35
Vitamin B-6	mg	0.37			0.32	1.10	1.45
Folate	mcg	12			11	37	48
Vitamin B-12	mcg	2.70			2.29	7.91	10.42
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.83			2.40	8.28	10.91
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.20			0.17	0.59	0.78
16:0	g	1.86			1.58	5.44	7.17
18:0	g	0.77			0.65	2.25	2.96
Monounsaturated, total	g	3.75			3.19	11.00	14.49
16:1	g	0.43			0.37	1.26	1.66
18:1	g	3.31			2.81	9.70	12.78
20:1	g	0.01			0.01	0.04	0.05
22:1	g						
Polyunsaturated, total	g	0.32			0.27	0.95	1.25
18:2	g	0.26			0.22	0.75	0.99
18:3	g	0.01			0.01	0.04	0.05
18:4	g						
20:4	g	0.05			0.05	0.16	0.21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	227	300
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.274	0.944	1.244
Threonine	g	1.257			1.068	3.683	4.852
Isoleucine	g	1.294			1.100	3.791	4.994
Leucine	g	2.274			1.933	6.664	8.779
Lysine	g	2.394			2.035	7.015	9.241
Methionine	g	0.737			0.626	2.158	2.843
Cystine	g	0.322			0.274	0.944	1.244
Phenylalanine	g	1.123			0.955	3.291	4.336
Tyrosine	g	0.967			0.822	2.833	3.732
Valine	g	1.400			1.190	4.101	5.402
Arginine	g	1.819			1.546	5.328	7.020
Histidine	g	0.985			0.837	2.887	3.803
Alanine	g	1.736			1.475	5.086	6.700
Aspartic acid	g	2.629			2.235	7.703	10.147
Glutamic acid	g	4.323			3.675	12.687	16.687
Glycine	g	1.570			1.334	4.600	6.060
Proline	g	1.271			1.080	3.723	4.905
Serine	g	1.100			0.935	3.224	4.247

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 334 g[1]	Refuse: Connective tissue 1% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.66			51.56	202.60	266.89
Food energy	kcal	193			164	644	849
	kJ	807			686	2,697	3,552
Protein (N x 6.25)	g	28.77			24.45	96.09	126.59
Total lipid (fat)	g	7.76			6.60	25.93	34.16
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.36			1.15	4.53	5.96
Minerals:							
Calcium	mg	5			4	16	21
Iron	mg	3.13			2.66	10.46	13.78
Magnesium	mg	28			24	93	123
Phosphorus	mg	239			203	799	1,053
Potassium	mg	391			332	1,304	1,718
Sodium	mg	66			56	220	290
Zinc	mg	4.62			3.93	15.43	20.32
Copper	mg	0.109			0.093	0.365	0.481
Manganese	mg	0.016			0.013	0.052	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.28	0.37
Riboflavin	mg	0.24			0.21	0.82	1.08
Niacin	mg	4.07			3.46	13.61	17.92
Pantothenic acid	mg	0.35			0.30	1.17	1.54
Vitamin B-6	mg	0.37			0.32	1.25	1.65
Folate	mcg	12			11	42	55
Vitamin B-12	mcg	2.70			2.29	9.01	11.87
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.61			2.22	8.71	11.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.18			0.16	0.61	0.81
16:0	g	1.73			1.47	5.76	7.59
18:0	g	0.70			0.60	2.34	3.09
Monounsaturated, total	g	3.52			3.00	11.77	15.51
16:1	g	0.40			0.34	1.34	1.77
18:1	g	3.11			2.64	10.39	13.68
20:1	g	0.01			0.01	0.04	0.06
22:1	g						
Polyunsaturated, total	g	0.30			0.26	1.02	1.34
18:2	g	0.24			0.21	0.82	1.08
18:3	g	0.01			0.01	0.02	0.05
18:4	g						
20:4	g	0.05			0.05	0.18	0.24
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	259	342
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.274	1.076	1.418
Threonine	g	1.257			1.068	4.198	5.530
Isoleucine	g	1.294			1.100	4.321	5.692
Leucine	g	2.274			1.933	7.596	10.007
Lysine	g	2.394			2.035	7.996	10.534
Methionine	g	0.737			0.626	2.460	3.241
Cystine	g	0.322			0.274	1.076	1.418
Phenylalanine	g	1.123			0.955	3.752	4.943
Tyrosine	g	0.967			0.822	3.229	4.254
Valine	g	1.400			1.190	4.675	6.158
Arginine	g	1.819			1.546	6.074	8.002
Histidine	g	0.985			0.837	3.291	4.335
Alanine	g	1.736			1.475	5.797	7.637
Aspartic acid	g	2.629			2.235	8.780	11.567
Glutamic acid	g	4.323			3.675	14.439	19.022
Glycine	g	1.570			1.334	5.244	6.908
Proline	g	1.271			1.080	4.244	5.591
Serine	g	1.100			0.935	3.675	4.842

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight:		Refuse:
		Mean	Standard error	Number of samples	3 oz = 85 g	1 lb raw yields 244 g[1]	Connective tisse 3% Separable fat 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.60			49.81	142.98	223.27
Food energy	kcal	196			167	479	748
	kJ	821			698	2,004	3,129
Protein (N x 6.25)	g	31.59			26.85	77.07	120.35
Total lipid (fat)	g	6.80			5.78	16.59	25.91
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.14			0.97	2.78	4.34
Minerals:							
Calcium	mg	5			4	12	19
Iron	mg	3.46			2.94	8.44	13.18
Magnesium	mg	25			21	61	95
Phosphorus	mg	272			231	664	1,036
Potassium	mg	308			262	752	1,173
Sodium	mg	51			43	124	194
Zinc	mg	5.48			4.66	13.37	20.88
Copper	mg	0.134			0.114	0.327	0.511
Manganese	mg	0.018			0.015	0.044	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.29
Riboflavin	mg	0.26			0.22	0.63	0.99
Niacin	mg	4.08			3.47	9.96	15.56
Pantothenic acid	mg	0.42			0.36	1.03	1.60
Vitamin B-6	mg	0.36			0.31	0.88	1.37
Folate	mcg	11			9	27	42
Vitamin B-12	mcg	2.47			2.10	6.03	9.41
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	2.30			1.95	5.60	8.75
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.18			0.15	0.43	0.67
16:0	g	1.45			1.23	3.54	5.53
18:0	g	0.67			0.57	1.63	2.55
Monounsaturated, total	g	2.98			2.53	7.27	11.35
16:1	g	0.30			0.26	0.74	1.15
18:1	g	2.68			2.27	6.53	10.20
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.26			0.22	0.64	0.99
18:2	g	0.20			0.17	0.48	0.75
18:3	g	0.02			0.02	0.05	0.08
18:4	g						
20:4	g	0.04			0.04	0.10	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	96			82	234	366
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.354			0.301	0.863	1.348
Threonine	g	1.380			1.173	3.367	5.257
Isoleucine	g	1.420			1.207	3.465	5.411
Leucine	g	2.497			2.122	6.092	9.512
Lysine	g	2.628			2.234	6.413	10.013
Methionine	g	0.809			0.687	1.973	3.081
Cystine	g	0.354			0.301	0.863	1.348
Phenylalanine	g	1.233			1.048	3.009	4.698
Tyrosine	g	1.061			0.902	2.590	4.044
Valine	g	1.536			1.306	3.749	5.854
Arginine	g	1.996			1.697	4.871	7.606
Histidine	g	1.082			0.919	2.639	4.121
Alanine	g	1.905			1.620	4.649	7.259
Aspartic acid	g	2.886			2.453	7.041	10.995
Glutamic acid	g	4.746			4.034	11.580	18.081
Glycine	g	1.723			1.465	4.205	6.566
Proline	g	1.395			1.186	3.404	5.315
Serine	g	1.208			1.027	2.947	4.602

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 270 g[1]	Refuse: Connective tissue 2% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	58.90			50.06	159.03	256.51
Food energy	*kcal*	192			163	518	835
	kJ	802			682	2,167	3,495
Protein (N x 6.25)	*g*	31.59			26.85	85.29	137.56
Total lipid (fat)	*g*	6.30			5.35	17.01	27.44
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.14			0.97	3.08	4.96
Minerals:							
Calcium	*mg*	5			4	13	22
Iron	*mg*	3.46			2.94	9.34	15.07
Magnesium	*mg*	25			21	67	109
Phosphorus	*mg*	272			231	734	1,185
Potassium	*mg*	308			262	832	1,341
Sodium	*mg*	51			43	138	222
Zinc	*mg*	5.48			4.66	14.80	23.87
Copper	*mg*	0.134			0.114	0.362	0.584
Manganese	*mg*	0.018			0.015	0.049	0.078
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.20	0.33
Riboflavin	*mg*	0.26			0.22	0.70	1.13
Niacin	*mg*	4.08			3.47	11.02	17.78
Pantothenic acid	*mg*	0.42			0.36	1.14	1.83
Vitamin B-6	*mg*	0.36			0.31	0.97	1.57
Folate	*mcg*	11			9	30	48
Vitamin B-12	*mcg*	2.47			2.10	6.67	10.76
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.13			1.81	5.74	9.26
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.16			0.14	0.44	0.71
16:0	*g*	1.34			1.14	3.63	5.85
18:0	*g*	0.62			0.53	1.67	2.70
Monounsaturated, total	*g*	2.76			2.35	7.45	12.02
16:1	*g*	0.28			0.24	0.76	1.22
18:1	*g*	2.48			2.11	6.69	10.80
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.24			0.21	0.65	1.05
18:2	*g*	0.18			0.16	0.49	0.80
18:3	*g*	0.02			0.02	0.05	0.09
18:4	*g*						
20:4	*g*	0.04			0.03	0.11	0.17
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	96			82	259	418
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.354			0.301	0.955	1.541
Threonine	*g*	1.380			1.173	3.725	6.009
Isoleucine	*g*	1.420			1.207	3.834	6.185
Leucine	*g*	2.497			2.122	6.741	10.873
Lysine	*g*	2.628			2.234	7.096	11.445
Methionine	*g*	0.809			0.687	2.183	3.522
Cystine	*g*	0.354			0.301	0.955	1.541
Phenylalanine	*g*	1.233			1.048	3.330	5.370
Tyrosine	*g*	1.061			0.902	2.866	4.622
Valine	*g*	1.536			1.306	4.148	6.691
Arginine	*g*	1.996			1.697	5.390	8.694
Histidine	*g*	1.082			0.919	2.920	4.710
Alanine	*g*	1.905			1.620	5.144	8.298
Aspartic acid	*g*	2.886			2.453	7.792	12.568
Glutamic acid	*g*	4.746			4.034	12.813	20.668
Glycine	*g*	1.723			1.465	4.653	7.505
Proline	*g*	1.395			1.186	3.766	6.075
Serine	*g*	1.208			1.027	3.261	5.260

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 299 g[1]	Refuse: Connective tissue 2% Separable fat 11%
(A)	(B)	(C)	(D)	(E)	(F)	(G)
Proximate:						
Water g	62.24			52.90	186.09	245.84
Food energy kcal	179			152	534	706
kJ	748			636	2,236	2,954
Protein (N x 6.25) g	28.77			24.46	86.04	113.66
Total lipid (fat) g	6.18			5.26	18.49	24.43
Carbohydrate, total g	0.00			0.00	0.00	0.00
Crude fiber g	0.00			0.00	0.00	0.00
Ash g	1.36			1.15	4.05	5.35
Minerals:						
Calcium mg	5			4	14	19
Iron mg	3.13			2.66	9.36	12.37
Magnesium mg	28			24	84	110
Phosphorus mg	239			203	716	945
Potassium mg	391			332	1,168	1,543
Sodium mg	66			56	197	261
Zinc mg	4.62			3.93	13.81	18.24
Copper mg	0.109			0.093	0.327	0.431
Manganese mg	0.016			0.013	0.047	0.062
Vitamins:						
Ascorbic acid mg	0			0	0	0
Thiamin mg	0.08			0.07	0.25	0.33
Riboflavin mg	0.24			0.21	0.73	0.97
Niacin mg	4.07			3.46	12.18	16.09
Pantothenic acid mg	0.35			0.30	1.05	1.38
Vitamin B-6 mg	0.37			0.32	1.12	1.48
Folate mcg	12			11	37	49
Vitamin B-12 mcg	2.70			2.29	8.07	10.66
Vitamin A RE	0			0	0	0
IU	0			0	0	0
Lipids:						
Fatty acids:						
Saturated, total g	2.11			1.79	6.30	8.33
4:0 g						
6:0 g						
8:0 g						
10:0 g	0.00			0.00	0.00	0.00
12:0 g	0.00			0.00	0.00	0.00
14:0 g	0.15			0.13	0.45	0.59
16:0 g	1.39			1.18	4.14	5.47
18:0 g	0.57			0.49	1.71	2.26
Monounsaturated, total g	2.80			2.38	8.37	11.06
16:1 g	0.32			0.27	0.96	1.27
18:1 g	2.47			2.10	7.38	9.75
20:1 g	0.01			0.01	0.03	0.04
22:1 g						
Polyunsaturated, total g	0.24			0.20	0.72	0.95
18:2 g	0.19			0.16	0.57	0.75
18:3 g	0.01			0.01	0.03	0.04
18:4 g						
20:4 g	0.04			0.03	0.12	0.16
20:5 g						
22:5 g						
22:6 g						
Cholesterol mg	78			66	232	307
Phytosterols mg						
Amino acids:						
Tryptophan g	0.322			0.274	0.964	1.273
Threonine g	1.257			1.068	3.758	4.965
Isoleucine g	1.294			1.100	3.868	5.110
Leucine g	2.274			1.933	6.800	8.984
Lysine g	2.394			2.035	7.158	9.456
Methionine g	0.737			0.626	2.203	2.910
Cystine g	0.322			0.274	0.964	1.273
Phenylalanine g	1.123			0.955	3.359	4.437
Tyrosine g	0.967			0.822	2.891	3.819
Valine g	1.400			1.190	4.185	5.528
Arginine g	1.819			1.546	5.437	7.183
Histidine g	0.985			0.837	2.946	3.892
Alanine g	1.736			1.475	5.190	6.856
Aspartic acid g	2.629			2.235	7.860	10.384
Glutamic acid g	4.323			3.675	12.926	17.076
Glycine g	1.570			1.334	4.694	6.201
Proline g	1.271			1.080	3.799	5.019
Serine g	1.100			0.935	3.290	4.346

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, BOTTOM ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
					Approximate measure and weight:		Refuse: Connective tissue 1% Separable fat 1%
		Mean	Standard error	Number of samples	3 oz = 85 g	1 lb raw yields 338 g[1]	
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.03			53.57	213.03	280.47
Food energy	kcal	171			146	580	763
	kJ	718			610	2,427	3,195
Protein (N x 6.25)	g	28.77			24.45	97.24	128.02
Total lipid (fat)	g	5.39			4.59	18.23	24.01
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.36			1.15	4.58	6.03
Minerals:							
Calcium	mg	5			4	16	21
Iron	mg	3.13			2.66	10.58	13.94
Magnesium	mg	28			24	95	124
Phosphorus	mg	239			203	809	1,065
Potassium	mg	391			332	1,320	1,738
Sodium	mg	66			56	223	294
Zinc	mg	4.62			3.93	15.61	20.55
Copper	mg	0.109			0.093	0.369	0.486
Manganese	mg	0.016			0.013	0.053	0.070
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.29	0.38
Riboflavin	mg	0.24			0.21	0.83	1.09
Niacin	mg	4.07			3.46	13.77	18.13
Pantothenic acid	mg	0.35			0.30	1.18	1.56
Vitamin B-6	mg	0.37			0.32	1.27	1.67
Folate	mcg	12			11	42	56
Vitamin B-12	mcg	2.70			2.29	9.12	12.01
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	1.78			1.51	6.02	7.92
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.12			0.11	0.42	0.55
16:0	g	1.19			1.01	4.01	5.29
18:0	g	0.47			0.40	1.60	2.11
Monounsaturated, total	g	2.46			2.09	8.30	10.93
16:1	g	0.28			0.24	0.94	1.24
18:1	g	2.17			1.84	7.33	9.65
20:1	g	0.01			0.01	0.03	0.04
22:1	g						
Polyunsaturated, total	g	0.21			0.18	0.72	0.95
18:2	g	0.17			0.15	0.59	0.77
18:3	g	0.01			0.01	0.03	0.04
18:4	g						
20:4	g	0.04			0.03	0.14	0.18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	262	345
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.274	1.089	1.434
Threonine	g	1.257			1.068	4.248	5.593
Isoleucine	g	1.294			1.100	4.373	5.757
Leucine	g	2.274			1.933	7.687	10.121
Lysine	g	2.394			2.035	8.092	10.654
Methionine	g	0.737			0.626	2.490	3.278
Cystine	g	0.322			0.274	1.089	1.434
Phenylalanine	g	1.123			0.955	3.797	4.999
Tyrosine	g	0.967			0.822	3.268	4.302
Valine	g	1.400			1.190	4.731	6.228
Arginine	g	1.819			1.546	6.147	8.093
Histidine	g	0.985			0.837	3.330	4.384
Alanine	g	1.736			1.475	5.867	7.724
Aspartic acid	g	2.629			2.235	8.886	11.698
Glutamic acid	g	4.323			3.675	14.612	19.238
Glycine	g	1.570			1.334	5.306	6.986
Proline	g	1.271			1.080	4.295	5.655
Serine	g	1.100			0.935	3.719	4.897

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.64			288.65	18.04	285.79
Food energy	kcal	213			967	60	957
	kJ	892			4,046	253	4,006
Protein (N x 6.25)	g	19.72			89.45	5.59	88.56
Total lipid (fat)	g	14.29			64.81	4.05	64.17
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99			4.47	0.28	4.43
Minerals:							
Calcium	mg	5			22	1	22
Iron	mg	1.35			6.14	0.38	6.08
Magnesium	mg	20			91	6	90
Phosphorus	mg	189			856	53	847
Potassium	mg	335			1,522	95	1,507
Sodium	mg	49			224	14	222
Zinc	mg	2.63			11.94	0.75	11.82
Copper	mg	0.057			0.258	0.016	0.255
Manganese	mg	0.013			0.058	0.004	0.057
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.40	0.02	0.39
Riboflavin	mg	0.13			0.57	0.04	0.57
Niacin	mg	3.36			15.25	0.95	15.10
Pantothenic acid	mg	0.33			1.50	0.09	1.49
Vitamin B-6	mg	0.41			1.85	0.12	1.83
Folate	mcg	6			29	2	29
Vitamin B-12	mcg	2.94			13.33	0.83	13.20
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.68			25.74	1.61	25.49
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.21	0.01	0.21
12:0	g	0.03			0.14	0.01	0.14
14:0	g	0.44			2.01	0.13	1.99
16:0	g	3.46			15.71	0.98	15.56
18:0	g	1.69			7.66	0.48	7.59
Monounsaturated, total	g	6.16			27.92	1.75	27.64
16:1	g	0.73			3.30	0.21	3.27
18:1	g	5.41			24.55	1.53	24.30
20:1	g	0.02			0.07	0.00	0.07
22:1	g						
Polyunsaturated, total	g	0.54			2.44	0.15	2.42
18:2	g	0.34			1.56	0.10	1.54
18:3	g	0.17			0.77	0.05	0.76
18:4	g						
20:4	g	0.03			0.12	0.01	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	61			276	17	273
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.221			1.002	0.063	0.992
Threonine	g	0.861			3.907	0.244	3.868
Isoleucine	g	0.887			4.022	0.251	3.982
Leucine	g	1.559			7.070	0.442	7.000
Lysine	g	1.641			7.442	0.465	7.368
Methionine	g	0.505			2.290	0.143	2.267
Cystine	g	0.221			1.002	0.063	0.992
Phenylalanine	g	0.770			3.492	0.218	3.457
Tyrosine	g	0.663			3.005	0.188	2.976
Valine	g	0.959			4.351	0.272	4.308
Arginine	g	1.246			5.653	0.353	5.597
Histidine	g	0.675			3.063	0.191	3.032
Alanine	g	1.189			5.395	0.337	5.342
Aspartic acid	g	1.802			8.172	0.511	8.091
Glutamic acid	g	2.963			13.438	0.840	13.305
Glycine	g	1.076			4.880	0.305	4.832
Proline	g	0.871			3.950	0.247	3.911
Serine	g	0.754			3.420	0.214	3.387

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.43			50.52	197.90	264.16
Food energy	kcal	229			195	764	1,020
	kJ	960			816	3,198	4,268
Protein (N x 6.25)	g	26.79			22.77	89.20	119.07
Total lipid (fat)	g	12.75			10.84	42.46	56.68
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.12			0.95	3.73	4.97
Minerals:							
Calcium	mg	6			5	20	27
Iron	mg	1.84			1.57	6.14	8.19
Magnesium	mg	24			21	82	109
Phosphorus	mg	208			177	693	925
Potassium	mg	362			308	1,205	1,609
Sodium	mg	59			51	198	264
Zinc	mg	4.34			3.69	14.45	19.29
Copper	mg	0.093			0.079	0.311	0.415
Manganese	mg	0.015			0.013	0.050	0.066
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.27	0.35
Riboflavin	mg	0.16			0.14	0.54	0.72
Niacin	mg	3.49			2.96	11.61	15.50
Pantothenic acid	mg	0.42			0.36	1.40	1.86
Vitamin B-6	mg	0.35			0.30	1.17	1.56
Folate	mcg	7			6	22	29
Vitamin B-12	mcg	2.10			1.79	7.01	9.35
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.96			4.24	16.59	22.15
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.03	0.11	0.14
12:0	g	0.03			0.03	0.10	0.13
14:0	g	0.39			0.33	1.29	1.72
16:0	g	3.11			2.65	10.36	13.83
18:0	g	1.42			1.21	4.73	6.31
Monounsaturated, total	g	5.48			4.66	18.25	24.36
16:1	g	0.54			0.46	1.78	2.38
18:1	g	4.93			4.19	16.40	21.89
20:1	g	0.02			0.02	0.07	0.09
22:1	g						
Polyunsaturated, total	g	0.46			0.39	1.53	2.04
18:2	g	0.31			0.26	1.02	1.36
18:3	g	0.13			0.11	0.44	0.58
18:4	g						
20:4	g	0.02			0.02	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			61	240	321
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.300			0.255	0.999	1.334
Threonine	g	1.170			0.995	3.896	5.201
Isoleucine	g	1.204			1.024	4.010	5.353
Leucine	g	2.117			1.800	7.050	9.411
Lysine	g	2.229			1.894	7.421	9.906
Methionine	g	0.686			0.583	2.284	3.048
Cystine	g	0.300			0.255	0.999	1.334
Phenylalanine	g	1.046			0.889	3.482	4.648
Tyrosine	g	0.900			0.765	2.997	4.001
Valine	g	1.303			1.107	4.339	5.791
Arginine	g	1.693			1.439	5.637	7.525
Histidine	g	0.917			0.780	3.054	4.077
Alanine	g	1.616			1.373	5.381	7.182
Aspartic acid	g	2.447			2.080	8.149	10.878
Glutamic acid	g	4.024			3.421	13.401	17.889
Glycine	g	1.461			1.242	4.867	6.496
Proline	g	1.183			1.005	3.939	5.258
Serine	g	1.024			0.871	3.411	4.553

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.14			54.52	213.59	285.10
Food energy	kcal	171			146	570	761
	kJ	717			610	2,386	3,188
Protein (N x 6.25)	g	28.80			24.48	95.92	128.03
Total lipid (fat)	g	5.36			4.55	17.84	23.81
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20			1.02	4.00	5.34
Minerals:							
Calcium	mg	5			4	17	23
Iron	mg	1.94			1.65	6.46	8.63
Magnesium	mg	27			23	89	119
Phosphorus	mg	224			191	748	998
Potassium	mg	392			333	1,306	1,744
Sodium	mg	62			53	206	275
Zinc	mg	4.71			4.00	15.67	20.92
Copper	mg	0.099			0.085	0.331	0.442
Manganese	mg	0.016			0.014	0.053	0.071
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.28	0.38
Riboflavin	mg	0.17			0.14	0.57	0.76
Niacin	mg	3.73			3.17	12.42	16.58
Pantothenic acid	mg	0.45			0.39	1.51	2.01
Vitamin B-6	mg	0.38			0.32	1.26	1.68
Folate	mcg	7			6	23	31
Vitamin B-12	mcg	2.16			1.84	7.21	9.62
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.97			1.68	6.56	8.76
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.01	0.01
12:0	g	0.00			0.00	0.01	0.01
14:0	g	0.14			0.12	0.46	0.61
16:0	g	1.24			1.05	4.11	5.49
18:0	g	0.59			0.50	1.97	2.64
Monounsaturated, total	g	2.28			1.93	7.58	10.12
16:1	g	0.20			0.17	0.68	0.90
18:1	g	2.07			1.76	6.90	9.21
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.18			0.15	0.59	0.79
18:2	g	0.14			0.12	0.46	0.61
18:3	g	0.02			0.01	0.06	0.08
18:4	g						
20:4	g	0.02			0.02	0.07	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			58	231	308
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.323			0.274	1.074	1.434
Threonine	g	1.258			1.069	4.190	5.593
Isoleucine	g	1.295			1.101	4.312	5.756
Leucine	g	2.277			1.935	7.581	10.120
Lysine	g	2.396			2.037	7.980	10.652
Methionine	g	0.737			0.627	2.455	3.278
Cystine	g	0.323			0.274	1.074	1.434
Phenylalanine	g	1.125			0.956	3.745	4.998
Tyrosine	g	0.968			0.823	3.223	4.302
Valine	g	1.401			1.191	4.665	6.228
Arginine	g	1.820			1.547	6.062	8.092
Histidine	g	0.986			0.838	3.284	4.384
Alanine	g	1.737			1.477	5.786	7.723
Aspartic acid	g	2.632			2.237	8.763	11.697
Glutamic acid	g	4.328			3.678	14.411	19.236
Glycine	g	1.572			1.336	5.233	6.986
Proline	g	1.272			1.081	4.236	5.654
Serine	g	1.101			0.936	3.666	4.896

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.47			287.88	17.99	285.03
Food energy	kcal	218			987	62	978
	kJ	911			4,133	258	4,092
Protein (N x 6.25)	g	19.72			89.45	5.59	88.56
Total lipid (fat)	g	14.80			67.13	4.20	66.46
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99			4.47	0.28	4.43
Minerals:							
Calcium	mg	5			22	1	22
Iron	mg	1.35			6.14	0.38	6.08
Magnesium	mg	20			91	6	90
Phosphorus	mg	189			856	53	847
Potassium	mg	335			1,522	95	1,507
Sodium	mg	49			224	14	222
Zinc	mg	2.63			11.94	0.75	11.82
Copper	mg	0.057			0.258	0.016	0.255
Manganese	mg	0.013			0.058	0.004	0.057
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.40	0.02	0.39
Riboflavin	mg	0.13			0.57	0.04	0.57
Niacin	mg	3.36			15.25	0.95	15.10
Pantothenic acid	mg	0.33			1.50	0.09	1.49
Vitamin B-6	mg	0.41			1.85	0.12	1.83
Folate	mcg	6			29	2	29
Vitamin B-12	mcg	2.94			13.33	0.83	13.20
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	5.85			26.54	1.66	26.28
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.21	0.01	0.21
12:0	g	0.03			0.14	0.01	0.14
14:0	g	0.46			2.07	0.13	2.05
16:0	g	3.58			16.22	1.01	16.06
18:0	g	1.74			7.90	0.49	7.82
Monounsaturated, total	g	6.37			28.88	1.81	28.59
16:1	g	0.75			3.39	0.21	3.36
18:1	g	5.60			25.41	1.59	25.16
20:1	g	0.02			0.07	0.00	0.07
22:1	g						
Polyunsaturated, total	g	0.56			2.54	0.16	2.51
18:2	g	0.36			1.63	0.10	1.62
18:3	g	0.17			0.77	0.05	0.76
18:4	g						
20:4	g	0.03			0.13	0.01	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	61			276	17	273
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.221			1.002	0.063	0.992
Threonine	g	0.861			3.907	0.244	3.868
Isoleucine	g	0.887			4.022	0.251	3.982
Leucine	g	1.559			7.070	0.442	7.000
Lysine	g	1.641			7.442	0.465	7.368
Methionine	g	0.505			2.290	0.143	2.267
Cystine	g	0.221			1.002	0.063	0.992
Phenylalanine	g	0.770			3.492	0.218	3.457
Tyrosine	g	0.663			3.005	0.188	2.976
Valine	g	0.959			4.351	0.272	4.308
Arginine	g	1.246			5.653	0.353	5.597
Histidine	g	0.675			3.063	0.191	3.032
Alanine	g	1.189			5.395	0.337	5.342
Aspartic acid	g	1.802			8.172	0.511	8.091
Glutamic acid	g	2.963			13.438	0.840	13.305
Glycine	g	1.076			4.880	0.305	4.832
Proline	g	0.871			3.950	0.247	3.911
Serine	g	0.754			3.420	0.214	3.387

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.88			50.05	196.06	261.71
Food energy	kcal	241			205	802	1,070
	kJ	1,008			857	3,357	4,481
Protein (N x 6.25)	g	26.60			22.61	88.59	118.25
Total lipid (fat)	g	14.10			11.99	46.96	62.68
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11			0.94	3.70	4.94
Minerals:							
Calcium	mg	6			5	21	27
Iron	mg	1.83			1.56	6.11	8.15
Magnesium	mg	24			21	81	108
Phosphorus	mg	206			176	688	918
Potassium	mg	359			305	1,196	1,596
Sodium	mg	59			50	197	263
Zinc	mg	4.31			3.66	14.34	19.14
Copper	mg	0.093			0.079	0.309	0.413
Manganese	mg	0.015			0.013	0.049	0.066
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.26	0.35
Riboflavin	mg	0.16			0.14	0.53	0.71
Niacin	mg	3.47			2.95	11.54	15.40
Pantothenic acid	mg	0.42			0.35	1.39	1.85
Vitamin B-6	mg	0.35			0.30	1.16	1.55
Folate	mcg	6			6	22	29
Vitamin B-12	mcg	2.10			1.78	6.99	9.33
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.50			4.68	18.32	24.46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.12	0.16
12:0	g	0.03			0.03	0.11	0.14
14:0	g	0.43			0.36	1.42	1.90
16:0	g	3.44			2.92	11.45	15.28
18:0	g	1.57			1.33	5.23	6.98
Monounsaturated, total	g	6.06			5.15	20.18	26.94
16:1	g	0.59			0.50	1.97	2.63
18:1	g	5.45			4.63	18.14	24.21
20:1	g	0.02			0.02	0.07	0.10
22:1	g						
Polyunsaturated, total	g	0.51			0.43	1.68	2.25
18:2	g	0.34			0.29	1.13	1.51
18:3	g	0.14			0.12	0.48	0.63
18:4	g						
20:4	g	0.02			0.02	0.08	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			62	241	322
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.298			0.253	0.992	1.324
Threonine	g	1.162			0.988	3.870	5.165
Isoleucine	g	1.196			1.017	3.983	5.317
Leucine	g	2.103			1.787	7.002	9.347
Lysine	g	2.213			1.881	7.371	9.839
Methionine	g	0.681			0.579	2.268	3.027
Cystine	g	0.298			0.253	0.992	1.324
Phenylalanine	g	1.039			0.883	3.459	4.617
Tyrosine	g	0.894			0.760	2.977	3.973
Valine	g	1.294			1.100	4.309	5.752
Arginine	g	1.681			1.429	5.599	7.474
Histidine	g	0.911			0.774	3.033	4.049
Alanine	g	1.605			1.364	5.344	7.133
Aspartic acid	g	2.431			2.066	8.094	10.804
Glutamic acid	g	3.997			3.397	13.310	17.766
Glycine	g	1.451			1.234	4.833	6.452
Proline	g	1.175			0.999	3.912	5.222
Serine	g	1.017			0.865	3.388	4.522

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.74			54.18	212.27	283.34
Food energy	kcal	180			153	600	801
	kJ	754			641	2,512	3,354
Protein (N x 6.25)	g	28.80			24.48	95.92	128.03
Total lipid (fat)	g	6.36			5.39	21.13	28.21
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20			1.02	4.00	5.34
Minerals:							
Calcium	mg	5			4	17	23
Iron	mg	1.94			1.65	6.46	8.63
Magnesium	mg	27			23	89	119
Phosphorus	mg	224			191	748	998
Potassium	mg	392			333	1,306	1,744
Sodium	mg	62			53	206	275
Zinc	mg	4.71			4.00	15.67	20.92
Copper	mg	0.099			0.085	0.331	0.442
Manganese	mg	0.016			0.014	0.053	0.071
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.28	0.38
Riboflavin	mg	0.17			0.14	0.57	0.76
Niacin	mg	3.73			3.17	12.42	16.58
Pantothenic acid	mg	0.45			0.39	1.51	2.01
Vitamin B-6	mg	0.38			0.32	1.26	1.68
Folate	mcg	7			6	23	31
Vitamin B-12	mcg	2.16			1.84	7.21	9.62
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.33			1.98	7.76	10.36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.01	0.01
12:0	g	0.00			0.00	0.01	0.01
14:0	g	0.16			0.14	0.54	0.72
16:0	g	1.46			1.24	4.86	6.49
18:0	g	0.70			0.60	2.34	3.12
Monounsaturated, total	g	2.70			2.29	8.98	11.98
16:1	g	0.24			0.20	0.80	1.06
18:1	g	2.45			2.09	8.17	10.91
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.21			0.18	0.69	0.93
18:2	g	0.16			0.14	0.54	0.73
18:3	g	0.02			0.02	0.06	0.08
18:4	g						
20:4	g	0.03			0.02	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			59	231	308
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.323			0.274	1.074	1.434
Threonine	g	1.258			1.069	4.190	5.593
Isoleucine	g	1.295			1.101	4.312	5.756
Leucine	g	2.277			1.935	7.581	10.120
Lysine	g	2.396			2.037	7.980	10.652
Methionine	g	0.737			0.627	2.455	3.278
Cystine	g	0.323			0.274	1.074	1.434
Phenylalanine	g	1.125			0.956	3.745	4.998
Tyrosine	g	0.968			0.823	3.223	4.302
Valine	g	1.401			1.191	4.665	6.228
Arginine	g	1.820			1.547	6.062	8.092
Histidine	g	0.986			0.838	3.284	4.384
Alanine	g	1.737			1.477	5.786	7.723
Aspartic acid	g	2.632			2.237	8.763	11.697
Glutamic acid	g	4.328			3.678	14.411	19.236
Glycine	g	1.572			1.336	5.233	6.986
Proline	g	1.272			1.081	4.236	5.654
Serine	g	1.101			0.936	3.668	4.896

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.32			291.75	18.23	288.86
Food energy	kcal	202			917	57	908
	kJ	847			3,840	240	3,802
Protein (N x 6.25)	g	19.85			90.06	5.63	89.17
Total lipid (fat)	g	13.02			59.06	3.69	58.48
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.99			4.51	0.28	4.46
Minerals:							
Calcium	mg	5			22	1	22
Iron	mg	1.36			6.17	0.39	6.11
Magnesium	mg	20			92	6	91
Phosphorus	mg	190			862	54	854
Potassium	mg	339			1,536	96	1,521
Sodium	mg	50			225	14	223
Zinc	mg	2.65			12.03	0.75	11.91
Copper	mg	0.057			0.259	0.016	0.256
Manganese	mg	0.013			0.058	0.004	0.058
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.40	0.03	0.40
Riboflavin	mg	0.13			0.58	0.04	0.57
Niacin	mg	3.39			15.36	0.96	15.20
Pantothenic acid	mg	0.33			1.51	0.09	1.50
Vitamin B-6	mg	0.41			1.86	0.12	1.84
Folate	mcg	6			29	2	29
Vitamin B-12	mcg	2.96			13.41	0.84	13.28
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	5.19			23.53	1.47	23.30
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.20	0.01	0.19
12:0	g	0.03			0.13	0.01	0.13
14:0	g	0.41			1.86	0.12	1.83
16:0	g	3.16			14.36	0.90	14.21
18:0	g	1.55			7.01	0.44	6.94
Monounsaturated, total	g	5.61			25.47	1.59	25.21
16:1	g	0.67			3.02	0.19	2.99
18:1	g	4.93			22.37	1.40	22.15
20:1	g	0.02			0.07	0.00	0.07
22:1	g						
Polyunsaturated, total	g	0.49			2.22	0.14	2.20
18:2	g	0.31			1.41	0.09	1.39
18:3	g	0.16			0.71	0.04	0.71
18:4	g						
20:4	g	0.02			0.10	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60			274	17	271
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.222			1.009	0.063	0.999
Threonine	g	0.867			3.934	0.246	3.895
Isoleucine	g	0.893			4.049	0.253	4.009
Leucine	g	1.569			7.118	0.445	7.048
Lysine	g	1.652			7.493	0.468	7.419
Methionine	g	0.508			2.306	0.144	2.283
Cystine	g	0.222			1.009	0.063	0.999
Phenylalanine	g	0.775			3.516	0.220	3.481
Tyrosine	g	0.667			3.026	0.189	2.996
Valine	g	0.966			4.381	0.274	4.337
Arginine	g	1.255			5.692	0.356	5.635
Histidine	g	0.680			3.084	0.193	3.053
Alanine	g	1.198			5.432	0.340	5.379
Aspartic acid	g	1.814			8.228	0.514	8.146
Glutamic acid	g	2.983			13.531	0.846	13.397
Glycine	g	1.083			4.914	0.307	4.865
Proline	g	0.877			3.977	0.249	3.938
Serine	g	0.759			3.444	0.215	3.410

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.98			50.99	199.74	263.92
Food energy	kcal	217			184	723	955
	kJ	909			772	3,026	3,998
Protein (N x 6.25)	g	26.97			22.92	89.81	118.67
Total lipid (fat)	g	11.30			9.60	37.62	49.70
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.13			0.96	3.75	4.96
Minerals:							
Calcium	mg	6			5	20	26
Iron	mg	1.85			1.57	6.17	8.15
Magnesium	mg	25			21	82	109
Phosphorus	mg	209			178	698	922
Potassium	mg	365			310	1,214	1,604
Sodium	mg	60			51	199	263
Zinc	mg	4.37			3.72	14.56	19.24
Copper	mg	0.094			0.080	0.313	0.413
Manganese	mg	0.015			0.013	0.050	0.066
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.27	0.35
Riboflavin	mg	0.16			0.14	0.54	0.71
Niacin	mg	3.51			2.98	11.69	15.44
Pantothenic acid	mg	0.42			0.36	1.41	1.86
Vitamin B-6	mg	0.35			0.30	1.18	1.56
Folate	mcg	7			6	22	29
Vitamin B-12	mcg	2.11			1.79	7.02	9.28
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.43			3.76	14.74	19.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.03	0.10	0.13
12:0	g	0.03			0.02	0.09	0.12
14:0	g	0.35			0.29	1.15	1.52
16:0	g	2.76			2.35	9.20	12.16
18:0	g	1.26			1.07	4.19	5.54
Monounsaturated, total	g	4.86			4.13	16.18	21.38
16:1	g	0.48			0.41	1.59	2.10
18:1	g	4.36			3.71	14.53	19.20
20:1	g	0.02			0.02	0.06	0.08
22:1	g						
Polyunsaturated, total	g	0.41			0.35	1.36	1.79
18:2	g	0.27			0.23	0.90	1.19
18:3	g	0.12			0.10	0.40	0.53
18:4	g						
20:4	g	0.02			0.01	0.05	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	72			61	239	316
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.302			0.257	1.006	1.329
Threonine	g	1.178			1.001	3.923	5.183
Isoleucine	g	1.213			1.031	4.038	5.335
Leucine	g	2.132			1.812	7.099	9.380
Lysine	g	2.244			1.907	7.472	9.873
Methionine	g	0.690			0.587	2.299	3.038
Cystine	g	0.302			0.257	1.006	1.329
Phenylalanine	g	1.053			0.895	3.506	4.633
Tyrosine	g	0.906			0.770	3.018	3.987
Valine	g	1.312			1.115	4.368	5.772
Arginine	g	1.705			1.449	5.676	7.500
Histidine	g	0.923			0.785	3.075	4.063
Alanine	g	1.627			1.383	5.417	7.158
Aspartic acid	g	2.464			2.094	8.205	10.842
Glutamic acid	g	4.052			3.444	13.493	17.829
Glycine	g	1.471			1.251	4.900	6.475
Proline	g	1.191			1.012	3.966	5.240
Serine	g	1.031			0.877	3.434	4.538

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 333 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.63			54.94	215.23	287.30
Food energy	kcal	161			137	535	714
	kJ	672			571	2,239	2,988
Protein (N x 6.25)	g	28.80			24.48	95.92	128.03
Total lipid (fat)	g	4.17			3.54	13.88	18.53
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20			1.02	4.00	5.34
Minerals:							
Calcium	mg	5			4	17	23
Iron	mg	1.94			1.65	6.46	8.63
Magnesium	mg	27			23	89	119
Phosphorus	mg	224			191	748	998
Potassium	mg	392			333	1,306	1,744
Sodium	mg	62			53	206	275
Zinc	mg	4.71			4.00	15.67	20.92
Copper	mg	0.099			0.085	0.331	0.442
Manganese	mg	0.016			0.014	0.053	0.071
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.28	0.38
Riboflavin	mg	0.17			0.14	0.57	0.76
Niacin	mg	3.73			3.17	12.42	16.58
Pantothenic acid	mg	0.45			0.39	1.51	2.01
Vitamin B-6	mg	0.38			0.32	1.26	1.68
Folate	mcg	7			6	23	31
Vitamin B-12	mcg	2.16			1.84	7.21	9.62
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	1.54			1.31	5.13	6.85
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.01	0.01
12:0	g	0.00			0.00	0.01	0.01
14:0	g	0.11			0.09	0.36	0.48
16:0	g	0.97			0.82	3.21	4.29
18:0	g	0.46			0.39	1.54	2.05
Monounsaturated, total	g	1.77			1.51	5.90	7.88
16:1	g	0.16			0.14	0.53	0.71
18:1	g	1.61			1.37	5.37	7.17
20:1	g	0.00			0.00	0.01	0.01
22:1	g						
Polyunsaturated, total	g	0.14			0.12	0.46	0.61
18:2	g	0.11			0.09	0.36	0.47
18:3	g	0.02			0.01	0.05	0.07
18:4	g						
20:4	g	0.02			0.01	0.05	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			59	231	308
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.323			0.274	1.074	1.434
Threonine	g	1.258			1.069	4.190	5.593
Isoleucine	g	1.295			1.101	4.312	5.756
Leucine	g	2.277			1.935	7.581	10.120
Lysine	g	2.396			2.037	7.980	10.652
Methionine	g	0.737			0.627	2.455	3.278
Cystine	g	0.323			0.274	1.074	1.434
Phenylalanine	g	1.125			0.956	3.745	4.998
Tyrosine	g	0.968			0.823	3.223	4.302
Valine	g	1.401			1.191	4.665	6.228
Arginine	g	1.820			1.547	6.062	8.092
Histidine	g	0.986			0.838	3.284	4.384
Alanine	g	1.737			1.477	5.786	7.723
Aspartic acid	g	2.632			2.237	8.763	11.697
Glutamic acid	g	4.328			3.678	14.411	19.236
Glycine	g	1.572			1.336	5.233	6.986
Proline	g	1.272			1.081	4.236	5.654
Serine	g	1.101			0.936	3.668	4.896

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 293 g[1]	Refuse: Connective tissue 2% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.00			5.25	190.45	253.56
Food energy	kcal	168			143	492	655
	kJ	703			598	2,060	2,743
Protein (N x 6.25)	g	28.99	0.267	14	24.64	84.93	113.08
Total lipid (fat)	g	4.90			4.16	14.36	19.11
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21	0.025	15	1.03	3.55	4.72
Minerals:							
Calcium	mg	5	0.224	11	4	15	20
Iron	mg	1.95	0.109	11	1.66	5.71	7.61
Magnesium	mg	27	0.926	11	23	79	105
Phosphorus	mg	226			192	662	882
Potassium	mg	395	13.181	11	336	1,157	1,541
Sodium	mg	62	5.970	11	53	182	242
Zinc	mg	4.74	0.310	8	4.03	13.89	18.49
Copper	mg	0.100	0.010	8	0.085	0.293	0.390
Manganese	mg	0.016			0.014	0.047	0.062
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09	0.006	11	0.07	0.25	0.34
Riboflavin	mg	0.17	0.015	7	0.15	0.50	0.67
Niacin	mg	3.75	0.227	10	3.19	10.99	14.63
Pantothenic acid	mg	0.46			0.39	1.34	1.78
Vitamin B-6	mg	0.38			0.32	1.11	1.48
Folate	mcg	7	1.516	11	6	21	27
Vitamin B-12	mcg	2.17	0.272	11	1.84	6.36	8.47
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.78			1.51	5.20	6.93
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.00		8	0.00	0.00	0.00
14:0	g	0.12		8	0.10	0.35	0.47
16:0	g	1.11		8	0.95	3.26	4.34
18:0	g	0.54		8	0.46	1.59	2.11
Monounsaturated, total	g	2.08			1.76	6.08	8.10
16:1	g	0.18		8	0.15	0.53	0.70
18:1	g	1.90		8	1.61	5.55	7.40
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.16			0.13	0.46	0.62
18:2	g	0.13		8	0.11	0.37	0.50
18:3	g	0.01		8	0.01	0.02	0.03
18:4	g						
20:4	g	0.02		8	0.02	0.07	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69	3.252	8	59	202	269
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.325			0.276	0.951	1.266
Threonine	g	1.266			1.076	3.710	4.939
Isoleucine	g	1.303			1.108	3.819	5.084
Leucine	g	2.291			1.947	6.713	8.938
Lysine	g	2.412			2.050	7.066	9.408
Methionine	g	0.742			0.631	2.174	2.895
Cystine	g	0.325			0.276	0.951	1.266
Phenylalanine	g	1.132			0.962	3.316	4.415
Tyrosine	g	0.974			0.828	2.854	3.799
Valine	g	1.410			1.198	4.131	5.500
Arginine	g	1.832			1.557	5.368	7.147
Histidine	g	0.993			0.844	2.908	3.872
Alanine	g	1.749			1.486	5.123	6.821
Aspartic acid	g	2.648			2.251	7.760	10.331
Glutamic acid	g	4.355			3.702	12.760	16.989
Glycine	g	1.582			1.344	4.634	6.170
Proline	g	1.280			1.088	3.751	4.994
Serine	g	1.108			0.942	3.248	4.324

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 330 g[1]	Refuse: Connective tissue 2% Separable fat 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.60			54.91	213.18	284.24
Food energy	kcal	166			141	548	731
	kJ	696			591	2,295	3,061
Protein (N x 6.25)	g	28.99	0.267	14	24.64	95.66	127.54
Total lipid (fat)	g	4.70			3.99	15.51	20.68
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21	0.025	15	1.03	3.99	5.32
Minerals:							
Calcium	mg	5	0.224	11	4	16	22
Iron	mg	1.95	0.109	11	1.66	6.43	8.58
Magnesium	mg	27	0.926	11	23	89	119
Phosphorus	mg	226			192	746	994
Potassium	mg	395	13.181	11	336	1,303	1,738
Sodium	mg	62	5.970	11	53	205	273
Zinc	mg	4.74	0.310	8	4.03	15.64	20.86
Copper	mg	0.100	0.010	8	0.085	0.330	0.440
Manganese	mg	0.016			0.014	0.053	0.070
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09	0.006	11	0.07	0.28	0.38
Riboflavin	mg	0.17	0.015	7	0.15	0.56	0.75
Niacin	mg	3.75	0.227	10	3.19	12.38	16.50
Pantothenic acid	mg	0.46			0.39	1.50	2.01
Vitamin B-6	mg	0.38			0.32	1.25	1.67
Folate	mcg	7	1.516	11	6	23	31
Vitamin B-12	mcg	2.17	0.272	11	1.84	7.16	9.55
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.70			1.45	5.62	7.49
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.00		8	0.00	0.00	0.00
14:0	g	0.12		8	0.10	0.38	0.51
16:0	g	1.07		8	0.91	3.52	4.70
18:0	g	0.52		8	0.44	1.71	2.29
Monounsaturated, total	g	1.99			1.69	6.57	8.76
16:1	g	0.17		8	0.15	0.57	0.76
18:1	g	1.82		8	1.55	6.00	8.00
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.15			0.13	0.50	0.67
18:2	g	0.12		8	0.10	0.40	0.54
18:3	g	0.01		8	0.01	0.02	0.03
18:4	g						
20:4	g	0.02		8	0.02	0.07	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69	3.252	8	59	228	304
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.325			0.276	1.071	1.429
Threonine	g	1.266			1.076	4.178	5.571
Isoleucine	g	1.303			1.108	4.301	5.734
Leucine	g	2.291			1.947	7.561	10.081
Lysine	g	2.412			2.050	7.959	10.612
Methionine	g	0.742			0.631	2.449	3.265
Cystine	g	0.325			0.276	1.071	1.429
Phenylalanine	g	1.132			0.962	3.735	4.979
Tyrosine	g	0.974			0.828	3.214	4.286
Valine	g	1.410			1.198	4.653	6.204
Arginine	g	1.832			1.557	6.046	8.061
Histidine	g	0.993			0.844	3.275	4.367
Alanine	g	1.749			1.486	5.770	7.694
Aspartic acid	g	2.648			2.251	8.739	11.652
Glutamic acid	g	4.355			3.702	14.372	19.162
Glycine	g	1.582			1.344	5.219	6.959
Proline	g	1.280			1.088	4.224	5.632
Serine	g	1.108			0.942	3.658	4.877

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 293 g[1]	Refuse: Connective tissue 2% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	64.90			55.16	190.16	252.59
Food energy	*kcal*	175			149	513	682
	kJ	733			623	2,149	2,854
Protein (N x 6.25)	*g*	28.99			24.64	84.93	112.82
Total lipid (fat)	*g*	5.70			4.84	16.70	22.18
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.21			1.03	3.55	4.71
Minerals:							
Calcium	*mg*	5			4	15	19
Iron	*mg*	1.95			1.66	5.71	7.59
Magnesium	*mg*	27			23	79	105
Phosphorus	*mg*	226			192	662	880
Potassium	*mg*	395			336	1,157	1,537
Sodium	*mg*	62			53	182	241
Zinc	*mg*	4.74			4.03	13.89	18.45
Copper	*mg*	0.100			0.085	0.293	0.389
Manganese	*mg*	0.016			0.014	0.047	0.062
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.09			0.07	0.25	0.33
Riboflavin	*mg*	0.17			0.15	0.50	0.67
Niacin	*mg*	3.75			3.19	10.99	14.60
Pantothenic acid	*mg*	0.46			0.39	1.34	1.77
Vitamin B-6	*mg*	0.38			0.32	1.11	1.48
Folate	*mcg*	7			6	21	27
Vitamin B-12	*mcg*	2.17			1.84	6.36	8.45
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	*g*	2.07			1.76	6.05	8.04
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.14			0.12	0.41	0.54
16:0	*g*	1.30			1.10	3.79	5.04
18:0	*g*	0.63			0.54	1.85	2.45
Monounsaturated, total	*g*	2.42			2.05	7.08	9.40
16:1	*g*	0.21			0.18	0.62	0.82
18:1	*g*	2.21			1.87	6.46	8.58
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.18			0.16	0.54	0.72
18:2	*g*	0.15			0.13	0.44	0.58
18:3	*g*	0.01			0.01	0.03	0.03
18:4	*g*						
20:4	*g*	0.03			0.02	0.08	0.10
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	69			59	202	269
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.325			0.276	0.951	1.264
Threonine	*g*	1.266			1.076	3.710	4.926
Isoleucine	*g*	1.303			1.108	3.819	5.072
Leucine	*g*	2.291			1.947	6.713	8.917
Lysine	*g*	2.412			2.050	7.066	9.387
Methionine	*g*	0.742			0.631	2.174	2.888
Cystine	*g*	0.325			0.276	0.951	1.264
Phenylalanine	*g*	1.132			0.962	3.316	4.404
Tyrosine	*g*	0.974			0.828	2.854	3.791
Valine	*g*	1.410			1.198	4.131	5.488
Arginine	*g*	1.832			1.557	5.368	7.130
Histidine	*g*	0.993			0.844	2.908	3.863
Alanine	*g*	1.749			1.488	5.123	6.805
Aspartic acid	*g*	2.648			2.251	7.760	10.307
Glutamic acid	*g*	4.355			3.702	12.760	16.950
Glycine	*g*	1.582			1.344	4.634	6.155
Proline	*g*	1.280			1.088	3.751	4.982
Serine	*g*	1.108			0.942	3.248	4.314

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[1] Raw weight includes refuse, cooked weight excludes refuse.

BEF, ROUND, EYE OF ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 331 g[1]	Refuse: Connective tissue 2% Separable fat 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.20			54.57	212.50	283.06
Food energy	kcal	175			149	580	772
	kJ	733			623	2.427	3,233
Protein (N x 6.25)	g	28.90			24.64	95.95	127.81
Total lipid (fat)	g	5.70			4.84	18.87	25.13
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21			1.03	4.01	5.33
Minerals:							
Calcium	mg	5			4	17	22
Iron	mg	1.95			1.66	6.45	8.60
Magnesium	mg	27			23	89	119
Phosphorus	mg	226			192	748	996
Potassium	mg	395			336	1.307	1,742
Sodium	mg	62			53	205	273
Zinc	mg	4.74			4.03	15.69	20.90
Copper	mg	0.100			0.085	0.331	0.441
Manganese	mg	0.016			0.014	0.053	0.071
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.28	0.38
Riboflavin	mg	0.17			0.15	0.57	0.75
Niacin	mg	3.75			3.19	12.42	16.54
Pantothenic acid	mg	0.46			0.39	1.51	2.01
Vitamin B-6	mg	0.38			0.32	1.26	1.68
Folate	mcg	7			6	23	31
Vitamin B-12	mcg	2.17			1.84	7.18	9.57
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.07			1.76	6.84	9.11
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.14			0.12	0.46	0.62
16:0	g	1.30			1.10	4.29	5.71
18:0	g	0.63			0.54	2.09	2.78
Monounsaturated, total	g	2.42			2.05	7.99	10.65
16:1	g	0.21			0.18	0.70	0.93
18:1	g	2.21			1.87	7.30	9.72
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.18			0.16	0.61	0.81
18:2	g	0.15			0.13	0.49	0.66
18:3	g	0.01			0.01	0.03	0.04
18:4	g						
20:4	g	0.03			0.02	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			59	228	304
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.325			0.276	1.075	1.431
Threonine	g	1.268			1.076	4.191	5.583
Isoleucine	g	1.303			1.108	4.314	5.746
Leucine	g	2.291			1.947	7.584	10.102
Lysine	g	2.412			2.050	7.983	10.633
Methionine	g	0.742			0.631	2.456	3.272
Cystine	g	0.325			0.276	1.075	1.431
Phenylalanine	g	1.132			0.962	3.746	4.990
Tyrosine	g	0.974			0.828	3.224	4.294
Valine	g	1.410			1.198	4.667	6.216
Arginine	g	1.832			1.557	6.064	8.077
Histidine	g	0.993			0.844	3.285	4.376
Alanine	g	1.749			1.486	5.788	7.709
Aspartic acid	g	2.648			2.251	8.766	11.676
Glutamic acid	g	4.355			3.702	14.415	19.202
Glycine	g	1.582			1.344	5.235	6.973
Proline	g	1.280			1.088	4.237	5.644
Serine	g	1.108			0.942	3.669	4.887

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4 " fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 293 g[1]	Refuse: Connective tissue 3% Separable fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.10			55.33	190.74	253.95
Food energy	kcal	160			136	468	624
	kJ	669			569	1,961	2,610
Protein (N x 6.25)	g	28.99			24.64	84.93	113.08
Total lipid (fat)	g	4.00			3.40	11.72	15.60
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.21			1.03	3.55	4.72
Minerals:							
Calcium	mg	5			4	15	20
Iron	mg	1.95			1.66	5.71	7.61
Magnesium	mg	27			23	79	105
Phosphorus	mg	226			192	662	882
Potassium	mg	395			336	1,157	1,541
Sodium	mg	62			53	182	242
Zinc	mg	4.74			4.03	13.89	18.49
Copper	mg	0.100			0.085	0.293	0.390
Manganese	mg	0.016			0.014	0.047	0.062
Vitamins							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.25	0.34
Riboflavin	mg	0.17			0.15	0.50	0.67
Niacin	mg	3.75			3.19	10.99	14.63
Pantothenic acid	mg	0.46			0.39	1.34	1.78
Vitamin B-6	mg	0.38			0.32	1.11	1.48
Folate	mcg	7			6	21	27
Vitamin B-12	mcg	2.17			1.84	6.36	8.47
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	1.45			1.23	4.25	5.65
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.10			0.08	0.29	0.38
16:0	g	0.91			0.77	2.66	3.55
18:0	g	0.44			0.38	1.30	1.72
Monounsaturated, total	g	1.70			1.44	4.97	6.61
16:1	g	0.15			0.13	0.43	0.57
18:1	g	1.55			1.32	4.53	6.04
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.13			0.11	0.38	0.50
18:2	g	0.10			0.09	0.31	0.41
18:3	g	0.01			0.01	0.02	0.02
18:4	g						
20:4	g	0.02			0.02	0.05	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			59	202	269
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.325			0.276	0.951	1.266
Threonine	g	1.266			1.076	3.710	4.939
Isoleucine	g	1.303			1.108	3.819	5.084
Leucine	g	2.291			1.947	6.713	8.938
Lysine	g	2.412			2.050	7.066	9.408
Methionine	g	0.742			0.631	2.174	2.895
Cystine	g	0.325			0.276	0.951	1.266
Phenylalanine	g	1.132			0.962	3.316	4.415
Tyrosine	g	0.974			0.828	2.854	3.799
Valine	g	1.410			1.198	4.131	5.500
Arginine	g	1.832			1.557	5.368	7.147
Histidine	g	0.993			0.844	2.908	3.872
Alanine	g	1.749			1.486	5.123	6.821
Aspartic acid	g	2.648			2.251	7.760	10.331
Glutamic acid	g	4.355			3.702	12.760	16.989
Glycine	g	1.582			1.344	4.634	6.170
Proline	g	1.280			1.088	3.751	4.994
Serine	g	1.108			0.942	3.248	4.324

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, EYE OF ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 296 g[1]	Refuse: Connective tissue 2% Separable fat 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	65.10			55.33	192.70	286.37
Food energy	*kcal*	155			132	460	683
	kJ	650			553	1,925	2,861
Protein (N x 6.25)	*g*	28.99			24.64	85.80	127.52
Total lipid (fat)	*g*	3.50			2.97	10.36	15.40
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.21			1.03	3.58	5.32
Minerals:							
Calcium	*mg*	5			4	15	22
Iron	*mg*	1.95			1.66	5.77	8.58
Magnesium	*mg*	27			23	80	119
Phosphorus	*mg*	226			192	669	994
Potassium	*mg*	395			336	1,169	1,738
Sodium	*mg*	62			53	184	273
Zinc	*mg*	4.74			4.03	14.03	20.85
Copper	*mg*	0.100			0.085	0.296	0.440
Manganese	*mg*	0.016			0.014	0.047	0.070
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.09			0.07	0.25	0.38
Riboflavin	*mg*	0.17			0.15	0.51	0.75
Niacin	*mg*	3.75			3.19	11.10	16.50
Pantothenic acid	*mg*	0.46			0.39	1.35	2.01
Vitamin B-6	*mg*	0.38			0.32	1.12	1.67
Folate	*mcg*	7			6	21	31
Vitamin B-12	*mcg*	2.17			1.84	6.42	9.55
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	1.27			1.08	3.75	5.58
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.09			0.07	0.25	0.38
16:0	*g*	0.80			0.68	2.35	3.50
18:0	*g*	0.39			0.33	1.15	1.70
Monounsaturated, total	*g*	1.48			1.26	4.39	6.52
16:1	*g*	0.13			0.11	0.38	0.57
18:1	*g*	1.35			1.15	4.01	5.96
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.11			0.10	0.33	0.50
18:2	*g*	0.09			0.08	0.27	0.40
18:3	*g*	0.01			0.00	0.02	0.02
18:4	*g*						
20:4	*g*	0.02			0.01	0.05	0.07
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	69			59	204	304
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.325			0.276	0.961	1.428
Threonine	*g*	1.266			1.076	3.748	5.570
Isoleucine	*g*	1.303			1.108	3.858	5.733
Leucine	*g*	2.291			1.947	6.782	10.079
Lysine	*g*	2.412			2.050	7.139	10.609
Methionine	*g*	0.742			0.631	2.197	3.264
Cystine	*g*	0.325			0.276	0.961	1.428
Phenylalanine	*g*	1.132			0.962	3.350	4.978
Tyrosine	*g*	0.974			0.828	2.883	4.285
Valine	*g*	1.410			1.198	4.173	6.202
Arginine	*g*	1.832			1.557	5.423	8.059
Histidine	*g*	0.993			0.844	2.938	4.366
Alanine	*g*	1.749			1.486	5.176	7.692
Aspartic acid	*g*	2.648			2.251	7.839	11.650
Glutamic acid	*g*	4.355			3.702	12.891	19.158
Glycine	*g*	1.582			1.344	4.681	6.957
Proline	*g*	1.280			1.088	3.789	5.631
Serine	*g*	1.108			0.942	3.281	4.876

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.92			294.48	18.41	282.67
Food energy	kcal	201			914	57	877
	kJ	843			3,825	239	3,671
Protein (N x 6.25)	g	19.31			87.57	5.47	84.06
Total lipid (fat)	g	13.19			59.84	3.74	57.44
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.93			4.23	0.26	4.06
Minerals:							
Calcium	mg	5			22	1	21
Iron	mg	1.97			8.94	0.56	8.58
Magnesium	mg	21			96	6	92
Phosphorus	mg	190			862	54	828
Potassium	mg	322			1,462	91	1,403
Sodium	mg	57			260	16	250
Zinc	mg	4.32			19.59	1.22	18.81
Copper	mg	0.075			0.341	0.021	0.327
Manganese	mg	0.013			0.058	0.004	0.056
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.48	0.03	0.46
Riboflavin	mg	0.18			0.81	0.05	0.78
Niacin	mg	3.11			14.12	0.88	13.56
Pantothenic acid	mg	0.32			1.47	0.09	1.41
Vitamin B-6	mg	0.40			1.82	0.11	1.75
Folate	mcg	7			33	2	32
Vitamin B-12	mcg	2.97			13.49	0.84	12.95
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.24			23.75	1.48	22.80
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.20	0.01	0.19
12:0	g	0.03			0.13	0.01	0.13
14:0	g	0.41			1.86	0.12	1.78
16:0	g	3.16			14.34	0.90	13.77
18:0	g	1.59			7.22	0.45	6.93
Monounsaturated, total	g	5.66			25.68	1.60	24.65
16:1	g	0.66			2.97	0.19	2.85
18:1	g	4.99			22.64	1.41	21.73
20:1	g	0.02			0.07	0.00	0.07
22:1	g						
Polyunsaturated, total	g	0.52			2.34	0.15	2.24
18:2	g	0.34			1.52	0.10	1.46
18:3	g	0.16			0.71	0.04	0.68
18:4	g						
20:4	g	0.02			0.10	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	65			297	19	285
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.216			0.981	0.061	0.941
Threonine	g	0.843			3.825	0.239	3.672
Isoleucine	g	0.868			3.937	0.246	3.779
Leucine	g	1.526			6.922	0.433	6.644
Lysine	g	1.606			7.286	0.455	6.994
Methionine	g	0.494			2.242	0.140	2.152
Cystine	g	0.216			0.981	0.061	0.941
Phenylalanine	g	0.754			3.419	0.214	3.282
Tyrosine	g	0.649			2.942	0.184	2.824
Valine	g	0.939			4.260	0.266	4.089
Arginine	g	1.220			5.535	0.346	5.313
Histidine	g	0.661			2.999	0.187	2.878
Alanine	g	1.165			5.282	0.330	5.071
Aspartic acid	g	1.764			8.001	0.500	7.680
Glutamic acid	g	2.901			13.157	0.822	12.629
Glycine	g	1.053			4.778	0.299	4.586
Proline	g	0.853			3.867	0.242	3.712
Serine	g	0.738			3.349	0.209	3.214

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 323 g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.18			51.15	194.37	259.31
Food energy	kcal	234			193	757	1,010
	kJ	981			834	3,169	4,227
Protein (N x 6.25)	g	26.91			22.87	86.91	115.94
Total lipid (fat)	g	13.24			11.26	42.77	57.06
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11			0.94	3.58	4.77
Minerals:							
Calcium	mg	6			5	19	25
Iron	mg	2.75			2.34	8.89	11.86
Magnesium	mg	25			21	80	107
Phosphorus	mg	225			192	728	971
Potassium	mg	359			305	1,161	1,548
Sodium	mg	63			53	202	270
Zinc	mg	6.50			5.53	21.00	28.02
Copper	mg	0.117			0.099	0.378	0.504
Manganese	mg	0.016			0.014	0.052	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.30	0.39
Riboflavin	mg	0.25			0.21	0.81	1.08
Niacin	mg	3.52			2.99	11.37	15.17
Pantothenic acid	mg	0.44			0.37	1.42	1.89
Vitamin B-6	mg	0.37			0.32	1.21	1.61
Folate	mcg	7			6	24	32
Vitamin B-12	mcg	2.76			2.35	8.92	11.91
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.02			4.27	16.22	21.64
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.02	0.09	0.12
12:0	g	0.03			0.02	0.08	0.11
14:0	g	0.39			0.33	1.27	1.69
16:0	g	3.08			2.62	9.94	13.26
18:0	g	1.50			1.27	4.84	6.46
Monounsaturated, total	g	5.51			4.69	17.81	23.76
16:1	g	0.52			0.44	1.68	2.25
18:1	g	4.98			4.23	16.07	21.44
20:1	g	0.02			0.01	0.05	0.07
22:1	g						
Polyunsaturated, total	g	0.51			0.44	1.66	2.22
18:2	g	0.36			0.31	1.17	1.56
18:3	g	0.12			0.10	0.39	0.52
18:4	g						
20:4	g	0.03			0.03	0.11	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	266	355
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.301			0.256	0.973	1.299
Threonine	g	1.175			0.999	3.796	5.064
Isoleucine	g	1.210			1.028	3.907	5.213
Leucine	g	2.127			1.808	6.869	9.164
Lysine	g	2.239			1.903	7.231	9.646
Methionine	g	0.689			0.585	2.225	2.968
Cystine	g	0.301			0.256	0.973	1.299
Phenylalanine	g	1.050			0.893	3.393	4.526
Tyrosine	g	0.904			0.768	2.920	3.896
Valine	g	1.309			1.112	4.227	5.639
Arginine	g	1.700			1.445	5.493	7.327
Histidine	g	0.921			0.783	2.976	3.970
Alanine	g	1.623			1.380	5.242	6.993
Aspartic acid	g	2.458			2.089	7.940	10.592
Glutamic acid	g	4.042			3.436	13.057	17.419
Glycine	g	1.468			1.248	4.742	6.326
Proline	g	1.188			1.010	3.838	5.120
Serine	g	1.029			0.875	3.323	4.433

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 330 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	63.90			54.31	210.86	281.09
Food energy	*kcal*	191			162	630	840
	kJ	799			679	2,638	3,516
Protein (N x 6.25)	*g*	28.17			23.94	92.96	123.92
Total lipid (fat)	*g*	7.83			6.66	25.85	34.46
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.16			0.98	3.82	5.09
Minerals:							
Calcium	*mg*	5			4	17	23
Iron	*mg*	2.88			2.45	9.52	12.68
Magnesium	*mg*	26			22	87	116
Phosphorus	*mg*	237			201	782	1,043
Potassium	*mg*	378			321	1,247	1,663
Sodium	*mg*	64			55	212	283
Zinc	*mg*	6.90			5.86	22.77	30.35
Copper	*mg*	0.123			0.104	0.405	0.539
Manganese	*mg*	0.017			0.014	0.055	0.073
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.08	0.32	0.42
Riboflavin	*mg*	0.26			0.22	0.87	1.16
Niacin	*mg*	3.67			3.12	12.13	16.16
Pantothenic acid	*mg*	0.46			0.39	1.52	2.03
Vitamin B-6	*mg*	0.39			0.33	1.29	1.73
Folate	*mcg*	8			7	26	35
Vitamin B-12	*mcg*	2.85			2.42	9.41	12.55
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.86			2.43	9.42	12.56
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.03	0.04
12:0	*g*	0.01			0.01	0.02	0.03
14:0	*g*	0.22			0.18	0.71	0.95
16:0	*g*	1.73			1.47	5.72	7.62
18:0	*g*	0.89			0.76	2.95	3.93
Monounsaturated, total	*g*	3.19			2.71	10.52	14.03
16:1	*g*	0.29			0.24	0.94	1.25
18:1	*g*	2.90			2.46	9.57	12.75
20:1	*g*	0.01			0.00	0.02	0.02
22:1	*g*						
Polyunsaturated, total	*g*	0.31			0.26	1.02	1.36
18:2	*g*	0.23			0.20	0.77	1.02
18:3	*g*	0.05			0.04	0.15	0.20
18:4	*g*						
20:4	*g*	0.03			0.03	0.10	0.13
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	81			69	269	358
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.316			0.268	1.041	1.388
Threonine	*g*	1.230			1.046	4.061	5.413
Isoleucine	*g*	1.267			1.077	4.180	5.572
Leucine	*g*	2.227			1.893	7.348	9.795
Lysine	*g*	2.344			1.992	7.735	10.310
Methionine	*g*	0.721			0.613	2.380	3.172
Cystine	*g*	0.316			0.268	1.041	1.388
Phenylalanine	*g*	1.100			0.935	3.629	4.838
Tyrosine	*g*	0.947			0.805	3.124	4.164
Valine	*g*	1.370			1.165	4.522	6.028
Arginine	*g*	1.780			1.513	5.875	7.832
Histidine	*g*	0.965			0.820	3.183	4.243
Alanine	*g*	1.699			1.444	5.608	7.475
Aspartic acid	*g*	2.574			2.188	8.493	11.322
Glutamic acid	*g*	4.232			3.597	13.967	18.618
Glycine	*g*	1.537			1.306	5.072	6.761
Proline	*g*	1.244			1.057	4.105	5.472
Serine	*g*	1.077			0.916	3.555	4.739

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.23			291.35	18.21	279.66
Food energy	kcal	212			960	60	921
	kJ	886			4,017	251	3,856
Protein (N x 6.25)	g	19.18			86.99	5.44	83.50
Total lipid (fat)	g	14.37			65.20	4.07	62.58
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.93			4.20	0.26	4.03
Minerals:							
Calcium	mg	5			22	1	21
Iron	mg	1.96			8.88	0.55	8.52
Magnesium	mg	21			95	6	91
Phosphorus	mg	189			856	53	822
Potassium	mg	319			1,448	91	1,390
Sodium	mg	57			259	16	248
Zinc	mg	4.28			19.42	1.21	18.64
Copper	mg	0.075			0.339	0.021	0.325
Manganese	mg	0.013			0.058	0.004	0.056
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.48	0.03	0.46
Riboflavin	mg	0.18			0.80	0.05	0.77
Niacin	mg	3.09			14.03	0.88	13.47
Pantothenic acid	mg	0.32			1.46	0.09	1.40
Vitamin B-6	mg	0.40			1.81	0.11	1.74
Folate	mcg	7			33	2	32
Vitamin B-12	mcg	2.96			13.41	0.84	12.87
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.69			25.81	1.61	24.78
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.21	0.01	0.20
12:0	g	0.03			0.14	0.01	0.14
14:0	g	0.44			2.01	0.13	1.93
16:0	g	3.44			15.59	0.97	14.97
18:0	g	1.73			7.85	0.49	7.54
Monounsaturated, total	g	6.16			27.95	1.75	26.83
16:1	g	0.71			3.22	0.20	3.09
18:1	g	5.44			24.66	1.54	23.67
20:1	g	0.02			0.07	0.00	0.07
22:1	g						
Polyunsaturated, total	g	0.56			2.56	0.16	2.45
18:2	g	0.37			1.67	0.10	1.61
18:3	g	0.17			0.77	0.05	0.74
18:4	g						
20:4	g	0.03			0.12	0.01	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66			299	19	287
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.215			0.974	0.061	0.935
Threonine	g	0.838			3.800	0.237	3.647
Isoleucine	g	0.862			3.911	0.244	3.754
Leucine	g	1.516			6.876	0.430	6.600
Lysine	g	1.596			7.237	0.452	6.947
Methionine	g	0.491			2.227	0.139	2.138
Cystine	g	0.215			0.974	0.061	0.935
Phenylalanine	g	0.749			3.396	0.212	3.260
Tyrosine	g	0.644			2.923	0.183	2.806
Valine	g	0.933			4.231	0.264	4.061
Arginine	g	1.212			5.498	0.344	5.277
Histidine	g	0.657			2.979	0.186	2.859
Alanine	g	1.157			5.247	0.328	5.037
Aspartic acid	g	1.752			7.947	0.497	7.628
Glutamic acid	g	2.881			13.069	0.817	12.545
Glycine	g	1.046			4.746	0.297	4.556
Proline	g	0.847			3.841	0.240	3.687
Serine	g	0.733			3.326	0.208	3.193

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 320 g[1]	Refuse: Connective tissue 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.08			50.22	189.05	251.85
Food energy	kcal	247			210	792	1,055
	kJ	1,036			880	3,314	4,415
Protein (N x 6.25)	g	26.54			22.56	84.94	113.16
Total lipid (fat)	g	14.86			12.63	47.56	63.36
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09			0.93	3.50	4.66
Minerals:							
Calcium	mg	6			5	19	26
Iron	mg	2.71			2.31	8.69	11.57
Magnesium	mg	24			21	78	104
Phosphorus	mg	222			189	711	947
Potassium	mg	354			301	1,133	1,509
Sodium	mg	62			53	199	265
Zinc	mg	6.39			5.43	20.45	27.24
Copper	mg	0.115			0.098	0.369	0.492
Manganese	mg	0.016			0.013	0.051	0.067
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.29	0.39
Riboflavin	mg	0.25			0.21	0.79	1.05
Niacin	mg	3.48			2.96	11.13	14.83
Pantothenic acid	mg	0.43			0.37	1.38	1.84
Vitamin B-6	mg	0.37			0.31	1.18	1.57
Folate	mcg	7			6	24	32
Vitamin B-12	mcg	2.74			2.33	8.76	11.67
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.67			4.82	18.13	24.15
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.03	0.10	0.14
12:0	g	0.03			0.03	0.10	0.13
14:0	g	0.44			0.38	1.42	1.90
16:0	g	3.48			2.96	11.13	14.83
18:0	g	1.68			1.43	5.38	7.16
Monounsaturated, total	g	6.21			5.28	19.87	26.47
16:1	g	0.59			0.50	1.89	2.52
18:1	g	5.60			4.76	17.91	23.86
20:1	g	0.02			0.02	0.07	0.09
22:1	g						
Polyunsaturated, total	g	0.58			0.49	1.84	2.46
18:2	g	0.40			0.34	1.28	1.71
18:3	g	0.14			0.12	0.45	0.61
18:4	g						
20:4	g	0.03			0.03	0.11	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			70	265	352
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.297			0.253	0.951	1.267
Threonine	g	1.159			0.986	3.710	4.943
Isoleucine	g	1.193			1.014	3.819	5.088
Leucine	g	2.098			1.783	6.714	8.944
Lysine	g	2.209			1.877	7.067	9.415
Methionine	g	0.680			0.578	2.175	2.897
Cystine	g	0.297			0.253	0.951	1.267
Phenylalanine	g	1.036			0.881	3.316	4.418
Tyrosine	g	0.892			0.758	2.854	3.802
Valine	g	1.291			1.097	4.132	5.504
Arginine	g	1.678			1.426	5.368	7.152
Histidine	g	0.909			0.773	2.908	3.875
Alanine	g	1.601			1.361	5.124	6.826
Aspartic acid	g	2.425			2.061	7.760	10.338
Glutamic acid	g	3.988			3.390	12.762	17.001
Glycine	g	1.448			1.231	4.635	6.174
Proline	g	1.172			0.996	3.751	4.997
Serine	g	1.015			0.863	3.248	4.327

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 330 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.24			53.75	208.69	278.19
Food energy	kcal	200			170	661	881
	kJ	839			713	2,767	3,689
Protein (N x 6.25)	g	27.99			23.79	92.37	123.13
Total lipid (fat)	g	8.96			7.61	29.56	39.40
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.15			0.98	3.80	5.06
Minerals:							
Calcium	mg	5			5	18	24
Iron	mg	2.86			2.44	9.45	12.60
Magnesium	mg	26			22	86	115
Phosphorus	mg	235			200	777	1,035
Potassium	mg	375			319	1,239	1,651
Sodium	mg	64			54	211	282
Zinc	mg	6.84			5.82	22.58	30.10
Copper	mg	0.122			0.104	0.402	0.536
Manganese	mg	0.017			0.014	0.055	0.073
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.31	0.42
Riboflavin	mg	0.26			0.22	0.86	1.15
Niacin	mg	3.65			3.10	12.05	16.07
Pantothenic acid	mg	0.46			0.39	1.51	2.01
Vitamin B-6	mg	0.39			0.33	1.29	1.71
Folate	mcg	8			7	26	34
Vitamin B-12	mcg	2.84			2.41	9.37	12.49
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	3.29			2.79	10.85	14.46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.04	0.05
12:0	g	0.01			0.01	0.03	0.04
14:0	g	0.25			0.21	0.82	1.10
16:0	g	2.00			1.70	6.59	8.79
18:0	g	1.02			0.87	3.36	4.48
Monounsaturated, total	g	3.66			3.11	12.08	16.11
16:1	g	0.33			0.28	1.09	1.45
18:1	g	3.32			2.83	10.97	14.62
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.35			0.30	1.16	1.55
18:2	g	0.26			0.22	0.86	1.15
18:3	g	0.06			0.05	0.19	0.26
18:4	g						
20:4	g	0.03			0.03	0.11	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			69	269	359
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.313			0.266	1.035	1.379
Threonine	g	1.223			1.039	4.035	5.378
Isoleucine	g	1.258			1.070	4.153	5.536
Leucine	g	2.212			1.880	7.301	9.732
Lysine	g	2.329			1.979	7.685	10.244
Methionine	g	0.717			0.609	2.365	3.152
Cystine	g	0.313			0.266	1.035	1.379
Phenylalanine	g	1.093			0.929	3.606	4.807
Tyrosine	g	0.940			0.799	3.104	4.137
Valine	g	1.361			1.157	4.493	5.989
Arginine	g	1.769			1.504	5.838	7.782
Histidine	g	0.958			0.815	3.163	4.216
Alanine	g	1.688			1.435	5.572	7.427
Aspartic acid	g	2.557			2.174	8.439	11.249
Glutamic acid	g	4.205			3.574	13.877	18.499
Glycine	g	1.527			1.298	5.040	6.718
Proline	g	1.236			1.051	4.079	5.437
Serine	g	1.070			0.910	3.532	4.708

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.14			300.00	18.75	290.94
Food energy	kcal	186			842	53	817
	kJ	777			3,526	220	3,419
Protein (N x 6.25)	g	19.56			88.74	5.55	86.06
Total lipid (fat)	g	11.32			51.36	3.21	49.81
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.95			4.30	0.27	4.17
Minerals:							
Calcium	mg	5			21	1	21
Iron	mg	2.00			9.07	0.57	8.80
Magnesium	mg	21			97	6	94
Phosphorus	mg	193			875	55	849
Potassium	mg	328			1,489	93	1,444
Sodium	mg	58			263	16	255
Zinc	mg	4.40			19.94	1.25	19.34
Copper	mg	0.076			0.345	0.022	0.335
Manganese	mg	0.013			0.059	0.004	0.057
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.49	0.03	0.48
Riboflavin	mg	0.18			0.82	0.05	0.80
Niacin	mg	3.15			14.30	0.89	13.87
Pantothenic acid	mg	0.33			1.49	0.09	1.44
Vitamin B-6	mg	0.41			1.85	0.12	1.79
Folate	mcg	7			34	2	33
Vitamin B-12	mcg	3.01			13.65	0.85	13.24
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.49			20.38	1.27	19.76
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.17	0.01	0.16
12:0	g	0.03			0.11	0.01	0.11
14:0	g	0.35			1.59	0.10	1.54
16:0	g	2.71			12.31	0.77	11.93
18:0	g	1.37			6.20	0.39	6.01
Monounsaturated, total	g	4.86			22.04	1.38	21.37
16:1	g	0.56			2.55	0.16	2.47
18:1	g	4.28			19.43	1.21	18.84
20:1	g	0.01			0.06	0.00	0.06
22:1	g						
Polyunsaturated, total	g	0.44			2.01	0.13	1.95
18:2	g	0.29			1.31	0.08	1.27
18:3	g	0.13			0.61	0.04	0.59
18:4	g						
20:4	g	0.02			0.09	0.01	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	65			293	18	285
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.219			0.994	0.062	0.964
Threonine	g	0.855			3.876	0.242	3.759
Isoleucine	g	0.880			3.990	0.249	3.869
Leucine	g	1.546			7.014	0.438	6.802
Lysine	g	1.628			7.384	0.461	7.161
Methionine	g	0.501			2.272	0.142	2.203
Cystine	g	0.219			0.994	0.062	0.964
Phenylalanine	g	0.764			3.465	0.217	3.360
Tyrosine	g	0.657			2.982	0.186	2.892
Valine	g	0.952			4.317	0.270	4.186
Arginine	g	1.236			5.609	0.351	5.439
Histidine	g	0.670			3.039	0.190	2.947
Alanine	g	1.180			5.353	0.335	5.191
Aspartic acid	g	1.787			8.108	0.507	7.863
Glutamic acid	g	2.939			13.333	0.833	12.930
Glycine	g	1.067			4.842	0.303	4.696
Proline	g	0.864			3.919	0.245	3.801
Serine	g	0.748			3.394	0.212	3.291

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 323 g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.91			51.78	196.75	262.47
Food energy	kcal	225			191	728	971
	kJ	943			802	3,046	4,064
Protein (N x 6.25)	g	27.09			23.02	87.49	116.72
Total lipid (fat)	g	12.15			10.33	39.26	52.37
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.11			0.93	3.60	4.80
Minerals:							
Calcium	mg	6			5	19	25
Iron	mg	2.77			2.36	8.95	11.94
Magnesium	mg	25			21	81	108
Phosphorus	mg	227			193	733	978
Potassium	mg	362			308	1,169	1,560
Sodium	mg	63			53	203	271
Zinc	mg	6.56			5.58	21.19	28.27
Copper	mg	0.118			0.100	0.380	0.508
Manganese	mg	0.016			0.014	0.052	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.30	0.40
Riboflavin	mg	0.25			0.21	0.81	1.09
Niacin	mg	3.54			3.01	11.44	15.27
Pantothenic acid	mg	0.44			0.38	1.43	1.90
Vitamin B-6	mg	0.38			0.32	1.22	1.62
Folate	mcg	8			6	24	33
Vitamin B-12	mcg	2.78			2.36	8.97	11.96
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.60			3.91	14.86	19.83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.08	0.10
12:0	g	0.02			0.02	0.07	0.10
14:0	g	0.36			0.31	1.16	1.55
16:0	g	2.82			2.40	9.11	12.15
18:0	g	1.38			1.17	4.44	5.93
Monounsaturated, total	g	5.06			4.30	16.33	21.79
16:1	g	0.48			0.41	1.54	2.05
18:1	g	4.56			3.88	14.74	19.67
20:1	g	0.02			0.01	0.05	0.07
22:1	g						
Polyunsaturated, total	g	0.47			0.40	1.53	2.04
18:2	g	0.33			0.28	1.07	1.43
18:3	g	0.11			0.09	0.35	0.47
18:4	g						
20:4	g	0.03			0.03	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82			70	266	354
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.303			0.258	0.980	1.307
Threonine	g	1.183			1.006	3.822	5.098
Isoleucine	g	1.218			1.035	3.934	5.248
Leucine	g	2.141			1.820	6.915	9.225
Lysine	g	2.254			1.916	7.279	9.711
Methionine	g	0.693			0.589	2.240	2.988
Cystine	g	0.303			0.258	0.980	1.307
Phenylalanine	g	1.057			0.899	3.416	4.557
Tyrosine	g	0.910			0.774	2.940	3.922
Valine	g	1.318			1.120	4.256	5.677
Arginine	g	1.712			1.455	5.529	7.377
Histidine	g	0.927			0.788	2.996	3.996
Alanine	g	1.634			1.389	5.277	7.040
Aspartic acid	g	2.475			2.103	7.993	10.663
Glutamic acid	g	4.070			3.459	13.145	17.535
Glycine	g	1.478			1.256	4.773	6.368
Proline	g	1.196			1.017	3.864	5.154
Serine	g	1.036			0.880	3.346	4.463

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 330 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.09			54.48	211.50	281.94
Food energy	kcal	186			158	613	817
	kJ	777			661	2,565	3,419
Protein (N x 6.25)	g	28.17			23.94	92.96	123.92
Total lipid (fat)	g	7.25			6.16	23.93	31.90
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.16			0.98	3.82	5.09
Minerals:							
Calcium	mg	5			4	17	23
Iron	mg	2.88			2.45	9.52	12.68
Magnesium	mg	26			22	87	116
Phosphorus	mg	237			201	782	1,043
Potassium	mg	378			321	1,247	1,663
Sodium	mg	64			55	212	283
Zinc	mg	6.90			5.86	22.77	30.35
Copper	mg	0.123			0.104	0.405	0.539
Manganese	mg	0.017			0.014	0.055	0.073
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.32	0.42
Riboflavin	mg	0.26			0.22	0.87	1.16
Niacin	mg	3.67			3.12	12.13	16.16
Pantothenic acid	mg	0.46			0.39	1.52	2.03
Vitamin B-6	mg	0.39			0.33	1.29	1.73
Folate	mcg	8			7	26	35
Vitamin B-12	mcg	2.85			2.42	9.41	12.55
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.65			2.25	8.75	11.67
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.03	0.04
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.20			0.17	0.66	0.88
16:0	g	1.61			1.37	5.31	7.08
18:0	g	0.83			0.70	2.73	3.63
Monounsaturated, total	g	2.96			2.51	9.76	13.01
16:1	g	0.27			0.23	0.88	1.17
18:1	g	2.69			2.28	8.87	11.82
20:1	g	0.01			0.00	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.29			0.24	0.94	1.26
18:2	g	0.21			0.18	0.70	0.94
18:3	g	0.04			0.04	0.15	0.20
18:4	g						
20:4	g	0.03			0.02	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	269	358
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.316			0.268	1.041	1.388
Threonine	g	1.230			1.046	4.061	5.413
Isoleucine	g	1.267			1.077	4.180	5.572
Leucine	g	2.227			1.893	7.348	9.795
Lysine	g	2.344			1.992	7.735	10.310
Methionine	g	0.721			0.613	2.380	3.172
Cystine	g	0.316			0.268	1.041	1.388
Phenylalanine	g	1.100			0.935	3.629	4.838
Tyrosine	g	0.947			0.805	3.124	4.164
Valine	g	1.370			1.165	4.522	6.028
Arginine	g	1.780			1.513	5.875	7.832
Histidine	g	0.965			0.820	3.183	4.243
Alanine	g	1.699			1.444	5.608	7.475
Aspartic acid	g	2.574			2.188	8.493	11.322
Glutamic acid	g	4.232			3.597	13.967	18.618
Glycine	g	1.537			1.306	5.072	6.761
Proline	g	1.244			1.057	4.105	5.472
Serine	g	1.077			0.916	3.555	4.739

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.20			295.74	18.48	245.47
Food energy	kcal	214			973	61	807
	kJ	898			4,072	255	3,380
Protein (N x 6.25)	g	19.44			88.16	5.51	73.17
Total lipid (fat)	g	14.57			66.11	4.13	54.87
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.94			4.27	0.27	3.54
Minerals:							
Calcium	mg	5			22	1	18
Iron	mg	1.99			9.01	0.56	7.48
Magnesium	mg	21			96	6	80
Phosphorus	mg	192			869	54	721
Potassium	mg	325			1,475	92	1,225
Sodium	mg	58			262	16	217
Zinc	mg	4.36			19.77	1.24	16.41
Copper	mg	0.076			0.343	0.021	0.285
Manganese	mg	0.013			0.059	0.004	0.049
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.49	0.03	0.40
Riboflavin	mg	0.18			0.82	0.05	0.68
Niacin	mg	3.13			14.21	0.89	11.80
Pantothenic acid	mg	0.33			1.48	0.09	1.23
Vitamin B-6	mg	0.40			1.84	0.11	1.52
Folate	mcg	7			33	2	28
Vitamin B-12	mcg	2.99			13.57	0.85	11.26
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.75			26.09	1.63	21.65
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.18	0.01	0.15
12:0	g	0.03			0.12	0.01	0.10
14:0	g	0.43			1.96	0.12	1.63
16:0	g	3.42			15.51	0.97	12.87
18:0	g	1.74			7.88	0.49	6.54
Monounsaturated, total	g	6.28			28.51	1.78	23.66
16:1	g	0.69			3.12	0.19	2.59
18:1	g	5.50			24.97	1.56	20.72
20:1	g	0.01			0.06	0.00	0.05
22:1	g						
Polyunsaturated, total	g	0.61			2.77	0.17	2.30
18:2	g	0.40			1.83	0.11	1.52
18:3	g	0.15			0.67	0.04	0.56
18:4	g						
20:4	g	0.03			0.16	0.01	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	65			295	18	245
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.218			0.987	0.062	0.820
Threonine	g	0.849			3.851	0.241	3.196
Isoleucine	g	0.874			3.964	0.248	3.290
Leucine	g	1.536			6.968	0.436	5.784
Lysine	g	1.617			7.335	0.458	6.088
Methionine	g	0.498			2.257	0.141	1.873
Cystine	g	0.218			0.987	0.062	0.820
Phenylalanine	g	0.759			3.442	0.215	2.857
Tyrosine	g	0.653			2.962	0.185	2.459
Valine	g	0.945			4.288	0.268	3.559
Arginine	g	1.228			5.572	0.348	4.625
Histidine	g	0.665			3.019	0.189	2.505
Alanine	g	1.172			5.318	0.332	4.414
Aspartic acid	g	1.776			8.054	0.503	6.685
Glutamic acid	g	2.920			13.245	0.828	10.994
Glycine	g	1.060			4.810	0.301	3.992
Proline	g	0.858			3.893	0.243	3.231
Serine	g	0.743			3.371	0.211	2.798

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 327 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.57			47.24	181.50	242.02
Food energy	kcal	274			233	895	1,193
	kJ	1,147			975	3,746	4,995
Protein (N x 6.25)	g	26.36			22.41	86.11	114.82
Total lipid (fat)	g	17.90			15.21	58.45	77.93
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09			0.92	3.54	4.73
Minerals:							
Calcium	mg	6			5	20	27
Iron	mg	2.70			2.29	8.80	11.74
Magnesium	mg	24			21	79	106
Phosphorus	mg	220			187	720	960
Potassium	mg	351			299	1,147	1,530
Sodium	mg	62			53	202	269
Zinc	mg	6.33			5.38	20.68	27.58
Copper	mg	0.115			0.097	0.374	0.499
Manganese	mg	0.016			0.013	0.051	0.068
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.29	0.39
Riboflavin	mg	0.24			0.21	0.80	1.07
Niacin	mg	3.46			2.94	11.29	15.05
Pantothenic acid	mg	0.43			0.36	1.40	1.87
Vitamin B-6	mg	0.37			0.31	1.20	1.59
Folate	mcg	7			6	24	32
Vitamin B-12	mcg	2.72			2.32	8.90	11.87
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.92			5.88	22.59	30.12
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.11	0.15
12:0	g	0.04			0.04	0.13	0.18
14:0	g	0.52			0.44	1.71	2.28
16:0	g	4.15			3.52	13.54	18.06
18:0	g	2.02			1.72	6.60	8.81
Monounsaturated, total	g	7.56			6.43	24.69	32.93
16:1	g	0.70			0.59	2.27	3.03
18:1	g	6.71			5.71	21.92	29.23
20:1	g	0.02			0.02	0.07	0.10
22:1	g						
Polyunsaturated, total	g	0.70			0.60	2.29	3.06
18:2	g	0.49			0.42	1.60	2.13
18:3	g	0.16			0.14	0.53	0.70
18:4	g						
20:4	g	0.04			0.04	0.14	0.19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			70	270	361
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.295			0.251	0.964	1.286
Threonine	g	1.152			0.979	3.761	5.015
Isoleucine	g	1.185			1.008	3.871	5.162
Leucine	g	2.084			1.771	6.806	9.075
Lysine	g	2.194			1.864	7.164	9.553
Methionine	g	0.675			0.574	2.204	2.939
Cystine	g	0.295			0.251	0.964	1.286
Phenylalanine	g	1.029			0.875	3.362	4.482
Tyrosine	g	0.886			0.753	2.893	3.858
Valine	g	1.282			1.090	4.188	5.585
Arginine	g	1.666			1.416	5.442	7.256
Histidine	g	0.903			0.767	2.948	3.931
Alanine	g	1.590			1.352	5.194	6.926
Aspartic acid	g	2.409			2.047	7.867	10.490
Glutamic acid	g	3.961			3.367	12.937	17.250
Glycine	g	1.436			1.223	4.698	6.264
Proline	g	1.164			0.990	3.802	5.070
Serine	g	1.008			0.857	3.293	4.391

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 290 g[1]	Refuse: Connective tissue 5% Separable fat 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.80			55.08	187.92	249.80
Food energy	kcal	185			157	536	713
	kJ	774			658	2,244	2,983
Protein (N x 6.25)	g	28.71	0.569	11	24.41	83.27	110.69
Total lipid (fat)	g	6.90			5.86	20.01	26.60
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.18	0.026	11	1.00	3.42	4.55
Minerals:							
Calcium	mg	5	0.246	11	4	14	19
Iron	mg	2.94	0.104	11	2.50	8.53	11.33
Magnesium	mg	27	0.814	11	23	78	104
Phosphorus	mg	242			206	702	933
Potassium	mg	385	12.161	11	328	1,119	1,488
Sodium	mg	65	4.672	11	55	188	251
Zinc	mg	7.07	0.267	8	6.01	20.50	27.25
Copper	mg	0.125	0.004	8	0.106	0.362	0.482
Manganese	mg	0.017			0.014	0.049	0.066
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10	0.005	11	0.08	0.29	0.39
Riboflavin	mg	0.27	0.010	11	0.23	0.78	1.03
Niacin	mg	3.74	0.168	11	3.18	10.85	14.42
Pantothenic acid	mg	0.47			0.40	1.36	1.81
Vitamin B-6	mg	0.40			0.34	1.16	1.54
Folate	mcg	8	0.896	11	7	23	31
Vitamin B-12	mcg	2.89	0.649	11	2.46	8.38	11.14
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.41			2.05	7.00	9.30
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.00		8	0.00	0.00	0.00
14:0	g	0.17		8	0.15	0.51	0.67
16:0	g	1.45		8	1.23	4.19	5.57
18:0	g	0.79		8	0.67	2.30	3.05
Monounsaturated, total	g	2.74			2.33	7.96	10.58
16:1	g	0.23		8	0.20	0.67	0.89
18:1	g	2.51		8	2.14	7.29	9.69
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.28			0.23	0.80	1.06
18:2	g	0.22		8	0.19	0.64	0.85
18:3	g	0.02		8	0.02	0.05	0.07
18:4	g						
20:4	g	0.04		8	0.03	0.11	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81	2.500	8	69	235	312
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.273	0.933	1.240
Threonine	g	1.254			1.066	3.637	4.835
Isoleucine	g	1.291			1.097	3.744	4.976
Leucine	g	2.269			1.929	6.581	8.749
Lysine	g	2.389			2.031	6.928	9.209
Methionine	g	0.735			0.625	2.132	2.834
Cystine	g	0.322			0.273	0.933	1.240
Phenylalanine	g	1.121			0.953	3.251	4.321
Tyrosine	g	0.965			0.820	2.798	3.719
Valine	g	1.397			1.187	4.050	5.384
Arginine	g	1.815			1.542	5.262	6.995
Histidine	g	0.983			0.836	2.851	3.790
Alanine	g	1.732			1.472	5.023	6.677
Aspartic acid	g	2.623			2.230	7.607	10.112
Glutamic acid	g	4.314			3.667	12.510	16.630
Glycine	g	1.567			1.332	4.543	6.039
Proline	g	1.268			1.078	3.677	4.888
Serine	g	1.098			0.933	3.184	4.233

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 320 g[1]	Refuse: Connective tissue 3% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	65.30			55.50	208.96	278.37
Food energy	*kcal*	176			149	563	750
	kJ	736			626	2,355	3,138
Protein (N x 6.25)	*g*	28.71	0.569	11	24.41	91.88	122.40
Total lipid (fat)	*g*	5.90			5.01	18.88	25.15
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.18	0.026	11	1.00	3.78	5.03
Minerals:							
Calcium	*mg*	5	0.246	11	4	16	21
Iron	*mg*	2.94	0.104	11	2.50	9.41	12.53
Magnesium	*mg*	27	0.814	11	23	86	115
Phosphorus	*mg*	242			206	774	1,032
Potassium	*mg*	386	12.161	11	328	1,235	1,646
Sodium	*mg*	65	4.672	11	55	208	277
Zinc	*mg*	7.07	0.267	8	6.01	22.62	30.14
Copper	*mg*	0.125	0.004	8	0.106	0.400	0.533
Manganese	*mg*	0.017			0.014	0.054	0.072
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10	0.005	11	0.08	0.31	0.42
Riboflavin	*mg*	0.27	0.010	11	0.23	0.86	1.14
Niacin	*mg*	3.74	0.166	11	3.18	11.97	15.94
Pantothenic acid	*mg*	0.47			0.40	1.50	2.00
Vitamin B-6	*mg*	0.40			0.34	1.28	1.71
Folate	*mcg*	8	0.896	11	7	26	34
Vitamin B-12	*mcg*	2.89	0.649	11	2.46	9.25	12.32
Vitamin A	*RE*	0			0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.06			1.75	6.60	8.79
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00		8	0.00	0.00	0.00
12:0	*g*	0.00		8	0.00	0.00	0.00
14:0	*g*	0.15		8	0.13	0.48	0.64
16:0	*g*	1.24		8	1.05	3.96	5.27
18:0	*g*	0.68		8	0.58	2.17	2.89
Monounsaturated, total	*g*	2.35			1.99	7.51	10.00
16:1	*g*	0.20		8	0.17	0.63	0.84
18:1	*g*	2.15		8	1.83	6.88	9.16
20:1	*g*	0.00		8	0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.24			0.20	0.76	1.01
18:2	*g*	0.19		8	0.16	0.60	0.81
18:3	*g*	0.02		8	0.01	0.05	0.07
18:4	*g*						
20:4	*g*	0.03		8	0.03	0.10	0.13
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	81	2.500	8	69	259	345
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.322			0.273	1.029	1.371
Threonine	*g*	1.254			1.066	4.013	5.346
Isoleucine	*g*	1.291			1.097	4.131	5.503
Leucine	*g*	2.269			1.929	7.262	9.675
Lysine	*g*	2.389			2.031	7.644	10.184
Methionine	*g*	0.735			0.625	2.352	3.133
Cystine	*g*	0.322			0.273	1.029	1.371
Phenylalanine	*g*	1.121			0.953	3.587	4.779
Tyrosine	*g*	0.965			0.820	3.087	4.113
Valine	*g*	1.397			1.187	4.469	5.954
Arginine	*g*	1.815			1.542	5.807	7.736
Histidine	*g*	0.983			0.836	3.146	4.191
Alanine	*g*	1.732			1.472	5.542	7.383
Aspartic acid	*g*	2.623			2.230	8.394	11.183
Glutamic acid	*g*	4.314			3.667	13.804	18.390
Glycine	*g*	1.567			1.332	5.013	6.678
Proline	*g*	1.268			1.078	4.057	5.405
Serine	*g*	1.098			0.933	3.513	4.681

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 3 oz = 85 g	1 lb raw yields 282 g[1]	**Refuse:** Connective tissue 6% Separable fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	64.60			54.91	182.17	243.15
Food energy	*kcal*	188			160	531	709
	kJ	789			671	2,22[illegible]	2,969
Protein (N x 6.25)	*g*	28.71			24.41	80.97	108.07
Total lipid (fat)	*g*	7.30			6.20	20.59	27.48
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.18			1.00	3.33	4.44
Minerals:							
Calcium	*mg*	5			4	14	19
Iron	*mg*	2.94			2.50	8.29	11.07
Magnesium	*mg*	27			23	76	102
Phosphorus	*mg*	242			206	682	911
Potassium	*mg*	386			328	1,089	1,453
Sodium	*mg*	65			55	183	245
Zinc	*mg*	7.07			6.01	19.94	26.61
Copper	*mg*	0.125			0.106	0.352	0.470
Manganese	*mg*	0.017			0.014	0.048	0.064
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.08	0.28	0.37
Riboflavin	*mg*	0.27			0.23	0.76	1.01
Niacin	*mg*	3.74			3.18	10.55	14.08
Pantothenic acid	*mg*	0.47			0.40	1.33	1.77
Vitamin B-6	*mg*	0.40			0.34	1.13	1.51
Folate	*mcg*	8			7	23	30
Vitamin B-12	*mcg*	2.89			2.46	8.15	10.88
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.55			2.17	7.20	9.61
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.19			0.16	0.52	0.70
16:0	*g*	1.53			1.30	4.31	5.76
18:0	*g*	0.84			0.71	2.36	3.15
Monounsaturated, total	*g*	2.90			2.47	8.19	10.93
16:1	*g*	0.24			0.21	0.69	0.92
18:1	*g*	2.66			2.26	7.50	10.01
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.29			0.25	0.82	1.10
18:2	*g*	0.23			0.20	0.66	0.88
18:3	*g*	0.02			0.02	0.05	0.07
18:4	*g*						
20:4	*g*	0.04			0.03	0.11	0.15
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	81			69	228	305
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.322			0.273	0.907	1.210
Threonine	*g*	1.254			1.066	3.537	4.721
Isoleucine	*g*	1.291			1.097	3.640	4.859
Leucine	*g*	2.269			1.929	6.400	8.542
Lysine	*g*	2.389			2.031	6.737	8.992
Methionine	*g*	0.735			0.625	2.073	2.767
Cystine	*g*	0.322			0.273	0.907	1.210
Phenylalanine	*g*	1.121			0.953	3.161	4.219
Tyrosine	*g*	0.965			0.820	2.721	3.631
Valine	*g*	1.397			1.187	3.938	5.257
Arginine	*g*	1.815			1.542	5.117	6.830
Histidine	*g*	0.983			0.836	2.772	3.700
Alanine	*g*	1.732			1.472	4.884	6.519
Aspartic acid	*g*	2.623			2.230	7.397	9.874
Glutamic acid	*g*	4.314			3.667	12.165	16.237
Glycine	*g*	1.567			1.332	4.418	5.897
Proline	*g*	1.268			1.078	3.576	4.773
Serine	*g*	1.098			0.933	3.096	4.133

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 320 g[1]	Refuse: Connective tissue 3% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	65.10			55.33	208.32	277.52
Food energy	*kcal*	180			153	577	769
	kJ	755			642	2,416	3,218
Protein (N x 6.25)	*g*	28.71			24.41	91.88	122.40
Total lipid (fat)	*g*	6.40			5.44	20.48	27.28
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.18			1.00	3.78	5.03
Minerals:							
Calcium	*mg*	5			4	16	21
Iron	*mg*	2.94			2.50	9.41	12.53
Magnesium	*mg*	27			23	86	115
Phosphorus	*mg*	242			206	774	1,032
Potassium	*mg*	386			328	1,235	1,646
Sodium	*mg*	65			55	208	277
Zinc	*mg*	7.07			6.01	22.62	30.14
Copper	*mg*	0.125			0.106	0.400	0.533
Manganese	*mg*	0.017			0.014	0.054	0.072
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.08	0.31	0.42
Riboflavin	*mg*	0.27			0.23	0.86	1.14
Niacin	*mg*	3.74			3.18	11.97	15.94
Pantothenic acid	*mg*	0.47			0.40	1.50	2.00
Vitamin B-6	*mg*	0.40			0.34	1.28	1.71
Folate	*mcg*	8			7	26	34
Vitamin B-12	*mcg*	2.89			2.46	9.25	12.32
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.24			1.90	7.16	9.54
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.16			0.14	0.52	0.69
16:0	*g*	1.34			1.14	4.29	5.72
18:0	*g*	0.73			0.62	2.35	3.13
Monounsaturated, total	*g*	2.54			2.16	8.14	10.85
16:1	*g*	0.21			0.18	0.68	0.91
18:1	*g*	2.33			1.98	7.46	9.94
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.26			0.22	0.82	1.09
18:2	*g*	0.20			0.17	0.66	0.87
18:3	*g*	0.02			0.01	0.05	0.07
18:4	*g*						
20:4	*g*	0.03			0.03	0.11	0.15
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	81			69	259	345
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.322			0.273	1.029	1.371
Threonine	*g*	1.254			1.066	4.013	5.346
Isoleucine	*g*	1.291			1.097	4.131	5.503
Leucine	*g*	2.269			1.929	7.262	9.675
Lysine	*g*	2.389			2.031	7.644	10.184
Methionine	*g*	0.735			0.625	2.352	3.133
Cystine	*g*	0.322			0.273	1.029	1.371
Phenylalanine	*g*	1.121			0.953	3.587	4.779
Tyrosine	*g*	0.965			0.820	3.087	4.113
Valine	*g*	1.397			1.187	4.469	5.954
Arginine	*g*	1.815			1.542	5.807	7.736
Histidine	*g*	0.983			0.836	3.146	4.191
Alanine	*g*	1.732			1.472	5.542	7.383
Aspartic acid	*g*	2.623			2.230	8.394	11.183
Glutamic acid	*g*	4.314			3.667	13.804	18.390
Glycine	*g*	1.567			1.332	5.013	6.678
Proline	*g*	1.268			1.078	4.057	5.405
Serine	*g*	1.098			0.933	3.513	4.681

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 293 g[1]	Refuse: Connective tissue 5% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.10			55.33	190.74	253.95
Food energy	kcal	180			153	528	703
	kJ	756			642	2,212	2,945
Protein (N x 6.25)	g	28.71			24.41	84.13	112.01
Total lipid (fat)	g	6.40			5.44	18.75	24.97
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.18			1.00	3.46	4.60
Minerals:							
Calcium	mg	5			4	15	20
Iron	mg	2.94			2.50	8.61	11.47
Magnesium	mg	27			23	79	105
Phosphorus	mg	242			206	709	944
Potassium	mg	386			328	1,131	1,506
Sodium	mg	65			55	190	254
Zinc	mg	7.07			6.01	20.72	27.58
Copper	mg	0.125			0.106	0.366	0.488
Manganese	mg	0.017			0.014	0.050	0.066
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.29	0.38
Riboflavin	mg	0.27			0.23	0.79	1.05
Niacin	mg	3.74			3.18	10.96	14.59
Pantothenic acid	mg	0.47			0.40	1.38	1.83
Vitamin B-6	mg	0.40			0.34	1.17	1.56
Folate	mcg	8			7	23	31
Vitamin B-12	mcg	2.89			2.46	8.47	11.27
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.24			1.90	6.56	8.73
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.16			0.14	0.48	0.63
16:0	g	1.34			1.14	3.93	5.23
18:0	g	0.73			0.62	2.15	2.87
Monounsaturated, total	g	2.54			2.16	7.46	9.93
16:1	g	0.21			0.18	0.63	0.83
18:1	g	2.33			1.98	6.83	9.10
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.26			0.22	0.75	1.00
18:2	g	0.20			0.17	0.60	0.80
18:3	g	0.02			0.01	0.05	0.07
18:4	g						
20:4	g	0.03			0.03	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	237	316
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.273	0.942	1.254
Threonine	g	1.254			1.066	3.675	4.892
Isoleucine	g	1.291			1.097	3.782	5.036
Leucine	g	2.269			1.929	6.649	8.853
Lysine	g	2.389			2.031	6.999	9.319
Methionine	g	0.735			0.625	2.154	2.867
Cystine	g	0.322			0.273	0.942	1.254
Phenylalanine	g	1.121			0.953	3.284	4.373
Tyrosine	g	0.965			0.820	2.827	3.763
Valine	g	1.397			1.187	4.092	5.448
Arginine	g	1.815			1.542	5.317	7.079
Histidine	g	0.983			0.836	2.881	3.835
Alanine	g	1.732			1.472	5.075	6.756
Aspartic acid	g	2.623			2.230	7.686	10.233
Glutamic acid	g	4.314			3.667	12.639	16.828
Glycine	g	1.567			1.332	4.590	6.111
Proline	g	1.268			1.078	3.715	4.946
Serine	g	1.098			0.933	3.217	4.283

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 320 g[1]	Refuse: Connective tissue 3% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.50			55.67	209.60	279.23
Food energy	kcal	170			145	545	726
	kJ	713			606	2.283	3,041
Protein (N x 6.25)	g	28.71			24.41	91.88	122.40
Total lipid (fat)	g	5.30			4.50	16.96	22.59
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.18			1.00	3.78	5.03
Minerals:							
Calcium	mg	5			4	16	21
Iron	mg	2.94			2.50	9.41	12.53
Magnesium	mg	27			23	86	115
Phosphorus	mg	242			206	774	1,032
Potassium	mg	386			328	1,235	1,646
Sodium	mg	65			55	208	277
Zinc	mg	7.07			6.01	22.62	30.14
Copper	mg	0.125			0.106	0.400	0.533
Manganese	mg	0.017			0.014	0.054	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.31	0.42
Riboflavin	mg	0.27			0.23	0.86	1.14
Niacin	mg	3.74			3.18	11.97	15.94
Pantothenic acid	mg	0.47			0.40	1.50	2.00
Vitamin B-6	mg	0.40			0.34	1.28	1.71
Folate	mcg	8			7	26	34
Vitamin B-12	mcg	2.89			2.46	9.25	12.32
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.85			1.58	5.93	7.90
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.13			0.11	0.43	0.57
16:0	g	1.11			0.94	3.55	4.73
18:0	g	0.61			0.52	1.95	2.59
Monounsaturated, total	g	2.11			1.79	6.74	8.98
16:1	g	0.18			0.15	0.57	0.75
18:1	g	1.93			1.64	6.18	8.23
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.21			0.18	0.68	0.90
18:2	g	0.17			0.14	0.54	0.72
18:3	g	0.01			0.01	0.05	0.06
18:4	g						
20:4	g	0.03			0.02	0.09	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	259	345
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.273	1.029	1.371
Threonine	g	1.254			1.066	4.013	5.346
Isoleucine	g	1.291			1.097	4.131	5.503
Leucine	g	2.269			1.929	7.262	9.675
Lysine	g	2.389			2.031	7.644	10.184
Methionine	g	0.735			0.625	2.352	3.133
Cystine	g	0.322			0.273	1.029	1.371
Phenylalanine	g	1.121			0.953	3.587	4.779
Tyrosine	g	0.965			0.820	3.087	4.113
Valine	g	1.397			1.187	4.469	5.954
Arginine	g	1.815			1.542	5.807	7.736
Histidine	g	0.983			0.836	3.146	4.191
Alanine	g	1.732			1.472	5.542	7.383
Aspartic acid	g	2.623			2.230	8.394	11.183
Glutamic acid	g	4.314			3.667	13.804	18.390
Glycine	g	1.567			1.332	5.013	6.678
Proline	g	1.268			1.078	4.057	5.405
Serine	g	1.098			0.933	3.513	4.681

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TIP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 286 g[1]	Refuse: Connective tissue 4% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.10			51.93	174.62	232.79
Food energy	kcal	213			181	610	813
	kJ	893			759	2,552	3,403
Protein (N x 6.25)	g	28.71			24.41	82.06	109.39
Total lipid (fat)	g	10.06			8.55	28.75	38.33
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.18			1.00	3.37	4.50
Minerals:							
Calcium	mg	5			4	14	19
Iron	mg	2.94			2.50	8.40	11.20
Magnesium	mg	27			23	77	103
Phosphorus	mg	242			206	692	922
Potassium	mg	386			328	1,103	1,471
Sodium	mg	65			55	186	248
Zinc	mg	7.07			6.01	20.21	26.94
Copper	mg	0.125			0.106	0.357	0.476
Manganese	mg	0.017			0.014	0.049	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.28	0.37
Riboflavin	mg	0.27			0.23	0.77	1.02
Niacin	mg	3.74			3.18	10.69	14.25
Pantothenic acid	mg	0.47			0.40	1.34	1.79
Vitamin B-6	mg	0.40			0.34	1.14	1.52
Folate	mcg	8			7	23	30
Vitamin B-12	mcg	2.89			2.46	8.26	11.01
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.69			3.14	10.55	14.06
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.03	0.04
14:0	g	0.25			0.21	0.71	0.95
16:0	g	2.11			1.79	6.03	8.04
18:0	g	1.15			0.98	3.29	4.38
Monounsaturated, total	g	4.14			3.52	11.83	15.77
16:1	g	0.33			0.28	0.94	1.26
18:1	g	3.66			3.11	10.46	13.94
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.41			0.35	1.17	1.56
18:2	g	0.32			0.27	0.91	1.22
18:3	g	0.03			0.03	0.09	0.11
18:4	g						
20:4	g	0.05			0.04	0.14	0.19
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	81			69	231	309
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.273	0.919	1.225
Threonine	g	1.254			1.066	3.584	4.778
Isoleucine	g	1.291			1.097	3.689	4.918
Leucine	g	2.269			1.929	6.486	8.647
Lysine	g	2.389			2.031	6.827	9.102
Methionine	g	0.735			0.625	2.101	2.800
Cystine	g	0.322			0.273	0.919	1.225
Phenylalanine	g	1.121			0.953	3.204	4.271
Tyrosine	g	0.965			0.820	2.757	3.676
Valine	g	1.397			1.187	3.991	5.321
Arginine	g	1.815			1.542	5.186	6.914
Histidine	g	0.983			0.836	2.810	3.746
Alanine	g	1.732			1.472	4.950	6.599
Aspartic acid	g	2.623			2.230	7.497	9.994
Glutamic acid	g	4.314			3.667	12.329	16.435
Glycine	g	1.567			1.332	4.477	5.969
Proline	g	1.268			1.078	3.624	4.831
Serine	g	1.098			0.933	3.138	4.183

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.61			302.15	18.88	296.08
Food energy	kcal	176			800	50	784
	kJ	738			3,348	209	3,281
Protein (N x 6.25)	g	21.48			97.41	6.09	95.46
Total lipid (fat)	g	9.38			42.56	2.66	41.71
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.03			4.65	0.29	4.56
Minerals:							
Calcium	mg	4			16	1	16
Iron	mg	1.97			8.93	0.56	8.75
Magnesium	mg	23			104	7	102
Phosphorus	mg	205			932	58	913
Potassium	mg	354			1,608	100	1,576
Sodium	mg	50			226	14	222
Zinc	mg	2.70			12.25	0.77	12.01
Copper	mg	0.078			0.352	0.022	0.345
Manganese	mg	0.013			0.060	0.004	0.059
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.43	0.03	0.42
Riboflavin	mg	0.18			0.81	0.05	0.79
Niacin	mg	4.10			18.59	1.16	18.22
Pantothenic acid	mg	0.34			1.55	0.10	1.52
Vitamin B-6	mg	0.48			2.17	0.14	2.13
Folate	mcg	8			36	2	36
Vitamin B-12	mcg	2.72			12.32	0.77	12.07
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.68			16.69	1.04	16.36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.13	0.01	0.12
12:0	g	0.02			0.09	0.01	0.08
14:0	g	0.28			1.28	0.08	1.25
16:0	g	2.23			10.11	0.63	9.91
18:0	g	1.12			5.09	0.32	4.98
Monounsaturated, total	g	3.96			17.94	1.12	17.58
16:1	g	0.45			2.02	0.13	1.98
18:1	g	3.50			15.88	0.99	15.56
20:1	g	0.01			0.04	0.00	0.04
22:1	g						
Polyunsaturated, total	g	0.36			1.65	0.10	1.62
18:2	g	0.24			1.08	0.07	1.06
18:3	g	0.10			0.47	0.03	0.46
18:4	g						
20:4	g	0.02			0.10	0.01	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	61			276	17	270
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.241			1.091	0.068	1.069
Threonine	g	0.938			4.255	0.266	4.170
Isoleucine	g	0.966			4.380	0.274	4.292
Leucine	g	1.697			7.700	0.481	7.545
Lysine	g	1.787			8.105	0.507	7.942
Methionine	g	0.550			2.494	0.156	2.444
Cystine	g	0.241			1.091	0.068	1.069
Phenylalanine	g	0.838			3.803	0.238	3.727
Tyrosine	g	0.722			3.27[illegible]	0.205	3.207
Valine	g	1.045			4.73[illegible]	0.296	4.643
Arginine	g	1.357			6.15[illegible]	0.385	6.033
Histidine	g	0.735			3.33[illegible]	0.208	3.269
Alanine	g	1.295			5.876	0.367	5.758
Aspartic acid	g	1.962			8.900	0.556	8.721
Glutamic acid	g	3.227			14.635	0.915	14.342
Glycine	g	1.172			5.315	0.332	5.208
Proline	g	0.948			4.302	0.269	4.215
Serine	g	0.821			3.725	0.233	3.650

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 286 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.91			45.82	154.17	237.13
Food energy	kcal	248			210	708	1,089
	kJ	1,036			881	2,963	4,558
Protein (N x 6.25)	g	33.83			28.76	96.76	146.83
Total lipid (fat)	g	11.43			9.71	32.68	50.26
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.63			1.39	4.67	7.18
Minerals:							
Calcium	mg	5			4	14	21
Iron	mg	3.12			2.65	8.91	13.71
Magnesium	mg	24			20	69	106
Phosphorus	mg	212			181	608	935
Potassium	mg	315			267	900	1,384
Sodium	mg	45			38	128	196
Zinc	mg	4.28			3.63	12.23	18.81
Copper	mg	0.117			0.099	0.334	0.514
Manganese	mg	0.046			0.039	0.132	0.203
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.30
Riboflavin	mg	0.24			0.20	0.68	1.05
Niacin	mg	3.61			3.07	10.32	15.87
Pantothenic acid	mg	0.35			0.30	1.01	1.55
Vitamin B-6	mg	0.27			0.23	0.77	1.19
Folate	mcg	9			7	25	38
Vitamin B-12	mcg	2.60			2.21	7.44	11.45
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.32			3.67	12.34	18.99
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.07	0.11
12:0	g	0.02			0.02	0.06	0.10
14:0	g	0.33			0.28	0.94	1.45
16:0	g	2.67			2.27	7.62	11.72
18:0	g	1.27			1.08	3.64	5.61
Monounsaturated, total	g	4.72			4.01	13.50	20.76
16:1	g	0.44			0.38	1.27	1.95
18:1	g	4.26			3.62	12.19	18.75
20:1	g	0.02			0.01	0.04	0.07
22:1	g						
Polyunsaturated, total	g	0.47			0.40	1.34	2.06
18:2	g	0.32			0.27	0.93	1.42
18:3	g	0.11			0.09	0.32	0.49
18:4	g						
20:4	g	0.03			0.03	0.10	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			77	259	398
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.379			0.322	1.084	1.667
Threonine	g	1.478			1.256	4.226	6.501
Isoleucine	g	1.521			1.293	4.350	6.691
Leucine	g	2.674			2.273	7.648	11.763
Lysine	g	2.815			2.393	8.050	12.382
Methionine	g	0.866			0.736	2.477	3.810
Cystine	g	0.379			0.322	1.084	1.667
Phenylalanine	g	1.321			1.123	3.778	5.810
Tyrosine	g	1.137			0.966	3.251	5.001
Valine	g	1.646			1.399	4.706	7.239
Arginine	g	2.138			1.817	6.115	9.406
Histidine	g	1.156			0.985	3.313	5.096
Alanine	g	2.041			1.735	5.837	8.977
Aspartic acid	g	3.091			2.627	8.840	13.597
Glutamic acid	g	5.083			4.321	14.537	22.360
Glycine	g	1.846			1.569	5.279	8.120
Proline	g	1.494			1.270	4.273	6.572
Serine	g	1.294			1.100	3.700	5.691

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 289 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.90			49.21	167.32	257.64
Food energy	kcal	209			178	604	930
	kJ	875			744	2,528	3,893
Protein (N x 6.25)	g	35.62			30.27	102.93	158.49
Total lipid (fat)	g	6.31			5.36	18.23	28.06
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.72			1.47	4.98	7.67
Minerals:							
Calcium	mg	4			3	12	18
Iron	mg	3.27			2.78	9.46	14.57
Magnesium	mg	25			22	73	113
Phosphorus	mg	223			190	644	992
Potassium	mg	330			280	953	1,467
Sodium	mg	45			38	130	200
Zinc	mg	4.50			3.82	13.00	20.01
Copper	mg	0.122			0.104	0.354	0.545
Manganese	mg	0.049			0.042	0.142	0.219
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.20	0.31
Riboflavin	mg	0.25			0.21	0.72	1.12
Niacin	mg	3.76			3.20	10.88	16.75
Pantothenic acid	mg	0.37			0.31	1.06	1.64
Vitamin B-6	mg	0.28			0.24	0.81	1.25
Folate	mcg	9			8	26	41
Vitamin B-12	mcg	2.68			2.28	7.74	11.92
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.25			1.92	6.51	10.03
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.02	0.02
12:0	g	0.01			0.00	0.01	0.02
14:0	g	0.16			0.14	0.46	0.72
16:0	g	1.38			1.17	3.99	6.14
18:0	g	0.70			0.60	2.03	3.12
Monounsaturated, total	g	2.51			2.14	7.26	11.18
16:1	g	0.22			0.18	0.63	0.97
18:1	g	2.29			1.95	6.62	10.20
20:1	g	0.00			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.27			0.23	0.79	1.21
18:2	g	0.20			0.17	0.59	0.90
18:3	g	0.04			0.03	0.11	0.16
18:4	g						
20:4	g	0.03			0.03	0.09	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			77	260	401
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.399			0.339	1.153	1.775
Threonine	g	1.556			1.322	4.496	6.923
Isoleucine	g	1.601			1.361	4.628	7.126
Leucine	g	2.815			2.393	8.135	12.527
Lysine	g	2.963			2.519	8.564	13.186
Methionine	g	0.912			0.775	2.635	4.057
Cystine	g	0.399			0.339	1.153	1.775
Phenylalanine	g	1.390			1.182	4.018	6.187
Tyrosine	g	1.197			1.017	3.458	5.325
Valine	g	1.732			1.472	5.006	7.709
Arginine	g	2.251			1.913	6.505	10.016
Histidine	g	1.219			1.037	3.524	5.427
Alanine	g	2.148			1.826	6.209	9.560
Aspartic acid	g	3.254			2.766	9.404	14.480
Glutamic acid	g	5.351			4.548	15.464	23.811
Glycine	g	1.943			1.652	5.616	8.647
Proline	g	1.573			1.337	4.545	6.999
Serine	g	1.362			1.158	3.936	6.061

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 326 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.87			50.04	191.90	259.01
Food energy	kcal	216			183	703	949
	kJ	903			767	2,942	3.971
Protein (N x 6.25)	g	30.17			25.64	98.35	132.74
Total lipid (fat)	g	9.62			8.18	31.37	42.34
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.31			1.12	4.28	5.78
Minerals:							
Calcium	mg	7			6	21	29
Iron	mg	2.75			2.34	8.96	12.09
Magnesium	mg	29			25	95	128
Phosphorus	mg	234			199	762	1,028
Potassium	mg	419			356	1,365	1,842
Sodium	mg	60			51	194	262
Zinc	mg	5.27			4.48	17.18	23.18
Copper	mg	0.117			0.100	0.383	0.516
Manganese	mg	0.016			0.014	0.053	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.36	0.49
Riboflavin	mg	0.26			0.22	0.83	1.12
Niacin	mg	5.71			4.86	18.63	25.14
Pantothenic acid	mg	0.46			0.39	1.51	2.04
Vitamin B-6	mg	0.53			0.45	1.73	2.33
Folate	mcg	11			10	37	50
Vitamin B-12	mcg	2.42			2.06	7.88	10.64
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.62			3.08	11.80	15.92
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.06	0.09
12:0	g	0.02			0.02	0.06	0.08
14:0	g	0.28			0.23	0.90	1.21
16:0	g	2.23			1.90	7.28	9.83
18:0	g	1.07			0.91	3.50	4.72
Monounsaturated, total	g	3.96			3.37	12.92	17.44
16:1	g	0.37			0.31	1.21	1.63
18:1	g	3.58			3.04	11.67	15.76
20:1	g	0.01			0.01	0.04	0.05
22:1	g						
Polyunsaturated, total	g	0.40			0.34	1.29	1.74
18:2	g	0.28			0.23	0.90	1.21
18:3	g	0.09			0.08	0.29	0.40
18:4	g						
20:4	g	0.03			0.03	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	276	373
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.338			0.287	1.102	1.487
Threonine	g	1.318			1.120	4.296	5.798
Isoleucine	g	1.356			1.153	4.422	5.968
Leucine	g	2.385			2.027	7.774	10.492
Lysine	g	2.510			2.134	8.183	11.044
Methionine	g	0.772			0.656	2.518	3.398
Cystine	g	0.338			0.287	1.102	1.487
Phenylalanine	g	1.178			1.001	3.840	5.182
Tyrosine	g	1.014			0.862	3.305	4.460
Valine	g	1.467			1.247	4.784	6.457
Arginine	g	1.907			1.621	6.216	8.389
Histidine	g	1.033			0.878	3.368	4.545
Alanine	g	1.820			1.547	5.933	8.007
Aspartic acid	g	2.756			2.343	8.985	12.128
Glutamic acid	g	4.533			3.853	14.776	19.944
Glycine	g	1.646			1.399	5.366	7.243
Proline	g	1.332			1.132	4.343	5.862
Serine	g	1.154			0.981	3.761	5.076

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 1 lb = 453.6 g	1 oz = 28.35 g	**Refuse:** Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	66.52			301.73	18.86	295.68
Food energy	*kcal*	181			822	51	806
	kJ	759			3,442	215	3,373
Protein (N × 5.25)	*g*	21.48			97.41	6.09	95.46
Total lipid (fat)	*g*	9.93			45.04	2.81	44.13
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.03			4.65	0.29	4.56
Minerals:							
Calcium	*mg*	4			16	1	16
Iron	*mg*	1.97			8.93	0.56	8.75
Magnesium	*mg*	23			104	7	102
Phosphorus	*mg*	205			932	58	913
Potassium	*mg*	354			1,608	100	1,576
Sodium	*mg*	50			226	14	222
Zinc	*mg*	2.70			12.25	0.77	12.01
Copper	*mg*	0.078			0.352	0.022	0.345
Manganese	*mg*	0.013			0.060	0.004	0.059
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.09			0.43	0.03	0.42
Riboflavin	*mg*	0.18			0.81	0.05	0.79
Niacin	*mg*	4.10			18.59	1.16	18.22
Pantothenic acid	*mg*	0.34			1.55	0.10	1.52
Vitamin B-6	*mg*	0.48			2.17	0.14	2.13
Folate	*mcg*	8			38	2	38
Vitamin B-12	*mcg*	2.72			12.32	0.77	12.07
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	3.87			17.54	1.10	17.19
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.03			0.13	0.01	0.12
12:0	*g*	0.02			0.09	0.01	0.08
14:0	*g*	0.29			1.34	0.08	1.31
16:0	*g*	2.35			10.64	0.66	10.42
18:0	*g*	1.18			5.36	0.33	5.25
Monounsaturated, total	*g*	4.17			18.91	1.18	18.53
16:1	*g*	0.46			2.10	0.13	2.06
18:1	*g*	3.70			16.76	1.05	16.43
20:1	*g*	0.01			0.04	0.00	0.04
22:1	*g*						
Polyunsaturated, total	*g*	0.39			1.77	0.11	1.73
18:2	*g*	0.26			1.17	0.07	1.14
18:3	*g*	0.11			0.48	0.03	0.47
18:4	*g*						
20:4	*g*	0.03			0.12	0.01	0.12
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	61			276	17	270
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.241			1.091	0.068	1.069
Threonine	*g*	0.938			4.255	0.266	4.170
Isoleucine	*g*	0.966			4.380	0.274	4.292
Leucine	*g*	1.697			7.700	0.481	7.545
Lysine	*g*	1.787			8.105	0.507	7.942
Methionine	*g*	0.550			2.494	0.156	2.444
Cystine	*g*	0.241			1.091	0.068	1.069
Phenylalanine	*g*	0.838			3.803	0.238	3.727
Tyrosine	*g*	0.722			3.273	0.205	3.207
Valine	*g*	1.045			4.738	0.296	4.643
Arginine	*g*	1.357			6.157	0.385	6.033
Histidine	*g*	0.735			3.335	0.208	3.269
Alanine	*g*	1.295			5.876	0.367	5.758
Aspartic acid	*g*	1.962			8.900	0.556	8.721
Glutamic acid	*g*	3.227			14.635	0.915	14.342
Glycine	*g*	1.172			5.315	0.332	5.208
Proline	*g*	0.948			4.302	0.269	4.215
Serine	*g*	0.821			3.725	0.233	3.650

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 289 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.07			45.11	153.37	235.89
Food energy	kcal	260			221	750	1,154
	kJ	1,087			924	3,140	4,830
Protein (N x 6.25)	g	33.58			28.54	97.04	149.25
Total lipid (fat)	g	12.88			10.95	37.23	57.26
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.62			1.38	4.68	7.20
Minerals:							
Calcium	mg	5			4	14	21
Iron	mg	3.09			2.63	8.94	13.75
Magnesium	mg	24			20	69	106
Phosphorus	mg	211			179	610	938
Potassium	mg	312			266	903	1,389
Sodium	mg	45			38	129	198
Zinc	mg	4.24			3.61	12.27	18.86
Copper	mg	0.116			0.099	0.336	0.516
Manganese	mg	0.046			0.039	0.132	0.203
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.30
Riboflavin	mg	0.24			0.20	0.69	1.06
Niacin	mg	3.58			3.05	10.36	15.93
Pantothenic acid	mg	0.35			0.30	1.01	1.56
Vitamin B-6	mg	0.27			0.23	0.78	1.19
Folate	mcg	9			7	25	38
Vitamin B-12	mcg	2.59			2.20	7.49	11.52
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.86			4.13	14.05	21.60
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.02	0.08	0.12
12:0	g	0.03			0.02	0.07	0.11
14:0	g	0.37			0.32	1.07	1.65
16:0	g	3.00			2.55	8.67	13.34
18:0	g	1.44			1.22	4.15	6.39
Monounsaturated, total	g	5.32			4.52	15.37	23.64
16:1	g	0.50			0.42	1.44	2.22
18:1	g	4.80			4.08	13.88	21.34
20:1	g	0.02			0.01	0.05	0.08
22:1	g						
Polyunsaturated, total	g	0.53			0.45	1.53	2.35
18:2	g	0.37			0.31	1.06	1.65
18:3	g	0.12			0.10	0.36	0.53
18:4	g						
20:4	g	0.04			0.03	0.11	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			77	262	402
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.376			0.320	1.087	1.672
Threonine	g	1.467			1.247	4.239	6.519
Isoleucine	g	1.510			1.283	4.363	6.710
Leucine	g	2.654			2.256	7.670	11.797
Lysine	g	2.794			2.375	8.074	12.418
Methionine	g	0.860			0.731	2.484	3.821
Cystine	g	0.376			0.320	1.087	1.672
Phenylalanine	g	1.311			1.114	3.788	5.827
Tyrosine	g	1.128			0.959	3.260	5.015
Valine	g	1.633			1.388	4.720	7.260
Arginine	g	2.122			1.804	6.133	9.433
Histidine	g	1.150			0.977	3.323	5.110
Alanine	g	2.025			1.722	5.853	9.003
Aspartic acid	g	3.068			2.607	8.865	13.636
Glutamic acid	g	5.045			4.288	14.579	22.424
Glycine	g	1.832			1.557	5.294	8.143
Proline	g	1.483			1.260	4.285	6.591
Serine	g	1.284			1.091	3.711	5.707

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 267 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.31			48.71	153.02	254.74
Food energy	kcal	216			184	577	960
	kJ	904			769	2,415	4,020
Protein (N x 6.25)	g	35.62			30.27	95.09	158.31
Total lipid (fat)	g	7.09			6.03	18.93	31.52
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.72			1.47	4.60	7.66
Minerals:							
Calcium	mg	4			3	11	18
Iron	mg	3.27			2.78	8.74	14.56
Magnesium	mg	25			22	68	113
Phosphorus	mg	223			190	595	991
Potassium	mg	330			280	880	1,466
Sodium	mg	45			38	120	200
Zinc	mg	4.50			3.82	12.01	19.99
Copper	mg	0.122			0.104	0.327	0.544
Manganese	mg	0.049			0.042	0.131	0.218
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.31
Riboflavin	mg	0.25			0.21	0.67	1.11
Niacin	mg	3.76			3.20	10.05	16.73
Pantothenic acid	mg	0.37			0.31	0.98	1.63
Vitamin B-6	mg	0.28			0.24	0.75	1.25
Folate	mcg	9			8	24	41
Vitamin B-12	mcg	2.68			2.28	7.15	11.91
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	2.52			2.14	6.74	11.22
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.00	0.01	0.02
14:0	g	0.18			0.15	0.48	0.80
16:0	g	1.54			1.31	4.12	6.86
18:0	g	0.79			0.67	2.11	3.51
Monounsaturated, total	g	2.82			2.39	7.52	12.52
16:1	g	0.24			0.21	0.65	1.08
18:1	g	2.57			2.19	6.87	11.43
20:1	g	0.00			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.31			0.26	0.82	1.37
18:2	g	0.23			0.20	0.62	1.02
18:3	g	0.04			0.03	0.11	0.18
18:4	g						
20:4	g	0.04			0.03	0.10	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			77	241	400
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.399			0.339	1.065	1.773
Threonine	g	1.556			1.322	4.154	6.915
Isoleucine	g	1.601			1.361	4.275	7.118
Leucine	g	2.815			2.393	7.516	12.513
Lysine	g	2.963			2.519	7.912	13.171
Methionine	g	0.912			0.775	2.434	4.053
Cystine	g	0.399			0.339	1.065	1.773
Phenylalanine	g	1.390			1.182	3.712	6.180
Tyrosine	g	1.197			1.017	3.195	5.319
Valine	g	1.732			1.472	4.625	7.700
Arginine	g	2.251			1.913	6.010	10.005
Histidine	g	1.219			1.037	3.256	5.421
Alanine	g	2.148			1.826	5.736	9.549
Aspartic acid	g	3.254			2.766	8.688	14.463
Glutamic acid	g	5.351			4.548	14.287	23.785
Glycine	g	1.943			1.652	5.188	8.637
Proline	g	1.573			1.337	4.199	6.991
Serine	g	1.362			1.158	3.636	6.054

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 326 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.12			49.41	189.48	258.07
Food energy	kcal	224			190	730	994
	kJ	938			797	3,057	4,163
Protein (N x 6.25)	g	30.17			25.64	98.35	133.95
Total lipid (fat)	g	10.55			8.97	34.39	46.84
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.31			1.12	4.28	5.83
Minerals:							
Calcium	mg	7			6	21	29
Iron	mg	2.75			2.34	8.96	12.20
Magnesium	mg	29			25	95	130
Phosphorus	mg	234			199	762	1,038
Potassium	mg	419			356	1,365	1,859
Sodium	mg	60			51	194	264
Zinc	mg	5.27			4.48	17.18	23.39
Copper	mg	0.117			0.100	0.383	0.521
Manganese	mg	0.016			0.014	0.053	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.36	0.50
Riboflavin	mg	0.26			0.22	0.83	1.13
Niacin	mg	5.71			4.86	18.63	25.37
Pantothenic acid	mg	0.46			0.39	1.51	2.06
Vitamin B-6	mg	0.53			0.45	1.73	2.35
Folate	mcg	11			10	37	50
Vitamin B-12	mcg	2.42			2.06	7.88	10.74
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.94			3.35	12.84	17.48
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.06	0.09
12:0	g	0.02			0.02	0.06	0.08
14:0	g	0.30			0.25	0.97	1.32
16:0	g	2.43			2.06	7.91	10.78
18:0	g	1.18			1.00	3.83	5.22
Monounsaturated, total	g	4.32			3.68	14.10	19.20
16:1	g	0.40			0.34	1.30	1.77
18:1	g	3.91			3.33	12.75	17.37
20:1	g	0.01			0.01	0.04	0.05
22:1	g						
Polyunsaturated, total	g	0.44			0.37	1.43	1.94
18:2	g	0.31			0.26	1.00	1.37
18:3	g	0.09			0.08	0.30	0.41
18:4	g						
20:4	g	0.04			0.03	0.12	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	276	376
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.338			0.287	1.102	1.500
Threonine	g	1.318			1.120	4.296	5.851
Isoleucine	g	1.356			1.153	4.422	6.022
Leucine	g	2.385			2.027	7.774	10.588
Lysine	g	2.510			2.134	8.183	11.145
Methionine	g	0.772			0.656	2.518	3.429
Cystine	g	0.338			0.287	1.102	1.500
Phenylalanine	g	1.178			1.001	3.840	5.229
Tyrosine	g	1.014			0.862	3.305	4.501
Valine	g	1.467			1.247	4.784	6.515
Arginine	g	1.907			1.621	6.216	8.466
Histidine	g	1.033			0.878	3.368	4.586
Alanine	g	1.820			1.547	5.933	8.080
Aspartic acid	g	2.756			2.343	8.985	12.238
Glutamic acid	g	4.533			3.853	14.776	20.125
Glycine	g	1.646			1.399	5.366	7.308
Proline	g	1.332			1.132	4.343	5.915
Serine	g	1.154			0.981	3.761	5.122

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, pan-fried

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 283 g[1]	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	51.44			43.72	145.52	231.01
Food energy	*kcal*	277			235	783	1,244
	kJ	1,159			985	3,280	5,206
Protein (N x 6.25)	*g*	32.38			27.53	91.61	145.44
Total lipid (fat)	*g*	15.37			13.07	43.49	69.04
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.42			1.21	4.02	6.38
Minerals:							
Calcium	*mg*	6			5	17	27
Iron	*mg*	2.92			2.48	8.26	13.11
Magnesium	*mg*	32			27	90	143
Phosphorus	*mg*	268			228	759	1,205
Potassium	*mg*	470			399	1,329	2,109
Sodium	*mg*	68			58	192	304
Zinc	*mg*	4.27			3.63	12.07	19.16
Copper	*mg*	0.122			0.108	0.344	0.546
Manganese	*mg*	0.019			0.016	0.053	0.083
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.09	0.29	0.46
Riboflavin	*mg*	0.26			0.22	0.73	1.16
Niacin	*mg*	5.05			4.29	14.28	22.67
Pantothenic acid	*mg*	0.42			0.36	1.20	1.91
Vitamin B-6	*mg*	0.56			0.47	1.58	2.51
Folate	*mcg*	12			10	34	53
Vitamin B-12	*mcg*	3.23			2.75	9.14	14.51
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	5.29			4.50	14.97	23.77
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.03			0.03	0.09	0.14
12:0	*g*	0.03			0.02	0.08	0.13
14:0	*g*	0.38			0.32	1.08	1.71
16:0	*g*	3.24			2.76	9.18	14.57
18:0	*g*	1.52			1.29	4.30	6.83
Monounsaturated, total	*g*	5.87			4.99	16.60	26.35
16:1	*g*	0.52			0.44	1.46	2.32
18:1	*g*	5.28			4.49	14.95	23.73
20:1	*g*	0.02			0.02	0.06	0.10
22:1	*g*						
Polyunsaturated, total	*g*	1.75			1.49	4.95	7.85
18:2	*g*	1.27			1.08	3.60	5.72
18:3	*g*	0.25			0.21	0.71	1.13
18:4	*g*						
20:4	*g*	0.20			0.17	0.57	0.91
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	97			82	274	435
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.363			0.308	1.026	1.629
Threonine	*g*	1.415			1.202	4.002	6.353
Isoleucine	*g*	1.456			1.238	4.119	6.539
Leucine	*g*	2.560			2.176	7.241	11.495
Lysine	*g*	2.694			2.290	7.622	12.100
Methionine	*g*	0.829			0.705	2.345	3.723
Cystine	*g*	0.363			0.308	1.026	1.629
Phenylalanine	*g*	1.264			1.075	3.577	5.678
Tyrosine	*g*	1.088			0.925	3.078	4.887
Valine	*g*	1.575			1.339	4.456	7.074
Arginine	*g*	2.047			1.740	5.790	9.192
Histidine	*g*	1.109			0.942	3.137	4.980
Alanine	*g*	1.953			1.660	5.526	8.773
Aspartic acid	*g*	2.959			2.515	8.370	13.287
Glutamic acid	*g*	4.865			4.136	13.764	21.850
Glycine	*g*	1.767			1.502	4.998	7.935
Proline	*g*	1.430			1.216	4.046	6.422
Serine	*g*	1.238			1.053	3.503	5.561

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67.21			304.88	19.05	298.76
Food energy	kcal	164			745	47	730
	kJ	687			3,118	195	3,056
Protein (N x 6.25)	g	21.62			98.07	6.13	96.11
Total lipid (fat)	g	7.97			36.16	2.26	35.43
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.03			4.69	0.29	4.60
Minerals:							
Calcium	mg	4			16	1	16
Iron	mg	1.98			8.99	0.56	8.81
Magnesium	mg	23			105	7	103
Phosphorus	mg	207			939	59	920
Potassium	mg	358			1,622	101	1,590
Sodium	mg	50			228	14	223
Zinc	mg	2.72			12.34	0.77	12.09
Copper	mg	0.078			0.354	0.022	0.347
Manganese	mg	0.013			0.061	0.004	0.059
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.43	0.03	0.42
Riboflavin	mg	0.18			0.81	0.05	0.79
Niacin	mg	4.13			18.73	1.17	18.35
Pantothenic acid	mg	0.34			1.56	0.10	1.53
Vitamin B-6	mg	0.48			2.19	0.14	2.15
Folate	mcg	9			39	2	38
Vitamin B-12	mcg	2.73			12.38	0.77	12.13
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.14			14.26	0.89	13.98
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.11	0.01	0.11
12:0	g	0.02			0.08	0.00	0.07
14:0	g	0.24			1.10	0.07	1.08
16:0	g	1.90			8.64	0.54	8.46
18:0	g	0.96			4.34	0.27	4.25
Monounsaturated, total	g	3.37			15.30	0.96	14.99
16:1	g	0.38			1.74	0.11	1.71
18:1	g	2.98			13.51	0.84	13.24
20:1	g	0.01			0.04	0.00	0.04
22:1	g						
Polyunsaturated, total	g	0.31			1.40	0.09	1.37
18:2	g	0.20			0.90	0.06	0.89
18:3	g	0.09			0.41	0.03	0.41
18:4	g						
20:4	g	0.02			0.08	0.00	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	60			274	17	268
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.242			1.098	0.069	1.076
Threonine	g	0.944			4.284	0.268	4.198
Isoleucine	g	0.972			4.409	0.276	4.321
Leucine	g	1.709			7.752	0.484	7.596
Lysine	g	1.799			8.160	0.510	7.996
Methionine	g	0.554			2.511	0.157	2.460
Cystine	g	0.242			1.098	0.069	1.076
Phenylalanine	g	0.844			3.829	0.239	3.752
Tyrosine	g	0.726			3.295	0.206	3.229
Valine	g	1.052			4.770	0.298	4.675
Arginine	g	1.366			6.198	0.387	6.074
Histidine	g	0.740			3.358	0.210	3.291
Alanine	g	1.304			5.916	0.370	5.797
Aspartic acid	g	1.975			8.960	0.560	8.780
Glutamic acid	g	3.248			14.735	0.921	14.439
Glycine	g	1.180			5.351	0.334	5.244
Proline	g	0.955			4.331	0.271	4.244
Serine	g	0.827			3.750	0.234	3.675

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 286 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.85			46.62	156.86	241.27
Food energy	kcal	234			199	671	1,031
	kJ	982			834	2,807	4,318
Protein (N x 6.25)	g	34.09			28.97	97.49	149.95
Total lipid (fat)	g	9.86			8.38	28.19	43.37
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.65			1.40	4.71	7.24
Minerals:							
Calcium	mg	5			4	13	20
Iron	mg	3.14			2.67	8.98	13.81
Magnesium	mg	24			21	69	106
Phosphorus	mg	214			182	612	941
Potassium	mg	317			269	906	1,394
Sodium	mg	45			38	128	197
Zinc	mg	4.31			3.66	12.32	18.95
Copper	mg	0.118			0.100	0.337	0.518
Manganese	mg	0.047			0.040	0.133	0.205
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.30
Riboflavin	mg	0.24			0.20	0.69	1.06
Niacin	mg	3.63			3.09	10.38	15.97
Pantothenic acid	mg	0.35			0.30	1.01	1.56
Vitamin B-6	mg	0.27			0.23	0.78	1.19
Folate	mcg	9			7	25	39
Vitamin B-12	mcg	2.61			2.22	7.47	11.50
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.73			3.17	10.68	16.43
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.06	0.10
12:0	g	0.02			0.02	0.06	0.09
14:0	g	0.29			0.24	0.82	1.26
16:0	g	2.31			1.96	6.60	10.15
18:0	g	1.10			0.93	3.14	4.84
Monounsaturated, total	g	4.08			3.47	11.67	17.95
16:1	g	0.38			0.33	1.10	1.69
18:1	g	3.68			3.13	10.53	16.20
20:1	g	0.01			0.01	0.04	0.06
22:1	g						
Polyunsaturated, total	g	0.40			0.34	1.15	1.77
18:2	g	0.28			0.24	0.79	1.22
18:3	g	0.10			0.08	0.28	0.43
18:4	g						
20:4	g	0.03			0.02	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			77	259	398
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.382			0.325	1.092	1.679
Threonine	g	1.489			1.266	4.258	6.550
Isoleucine	g	1.533			1.303	4.383	6.742
Leucine	g	2.694			2.290	7.705	11.852
Lysine	g	2.836			2.411	8.111	12.476
Methionine	g	0.873			0.742	2.496	3.839
Cystine	g	0.382			0.325	1.092	1.679
Phenylalanine	g	1.331			1.131	3.806	5.854
Tyrosine	g	1.145			0.974	3.276	5.038
Valine	g	1.658			1.409	4.742	7.293
Arginine	g	2.154			1.831	6.161	9.477
Histidine	g	1.167			0.992	3.338	5.134
Alanine	g	2.056			1.748	5.881	9.045
Aspartic acid	g	3.114			2.647	8.907	13.699
Glutamic acid	g	5.121			4.353	14.647	22.528
Glycine	g	1.860			1.581	5.319	8.181
Proline	g	1.505			1.279	4.305	6.622
Serine	g	1.303			1.108	3.728	5.734

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 267 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.49			49.71	156.16	259.97
Food energy	kcal	200			170	534	890
	kJ	838			712	2.237	3.724
Protein (N x 6.25)	g	35.62			30.27	95.09	158.31
Total lipid (fat)	g	5.33			4.53	14.22	23.68
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.72			1.47	4.60	7.66
Minerals:							
Calcium	mg	4			3	11	18
Iron	mg	3.27			2.78	8.74	14.56
Magnesium	mg	25			22	68	113
Phosphorus	mg	223			190	595	991
Potassium	mg	330			280	880	1.466
Sodium	mg	45			38	120	200
Zinc	mg	4.50			3.82	12.01	19.99
Copper	mg	0.122			0.104	0.327	0.544
Manganese	mg	0.049			0.042	0.131	0.218
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.31
Riboflavin	mg	0.25			0.21	0.67	1.11
Niacin	mg	3.76			3.20	10.05	16.73
Pantothenic acid	mg	0.37			0.31	0.98	1.63
Vitamin B-6	mg	0.28			0.24	0.75	1.25
Folate	mcg	9			8	24	41
Vitamin B-12	mcg	2.68			2.28	7.15	11.91
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.92			1.63	5.12	8.52
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.02
12:0	g	0.01			0.00	0.01	0.02
14:0	g	0.14			0.12	0.37	0.61
16:0	g	1.18			1.00	3.14	5.22
18:0	g	0.59			0.50	1.58	2.64
Monounsaturated, total	g	2.13			1.81	5.69	9.48
16:1	g	0.19			0.16	0.50	0.83
18:1	g	1.94			1.65	5.18	8.63
20:1	g	0.00			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.23			0.19	0.61	1.02
18:2	g	0.17			0.14	0.45	0.75
18:3	g	0.03			0.03	0.09	0.15
18:4	g						
20:4	g	0.03			0.02	0.07	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			77	241	400
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.399			0.339	1.065	1.773
Threonine	g	1.556			1.322	4.154	6.915
Isoleucine	g	1.601			1.361	4.275	7.118
Leucine	g	2.815			2.393	7.516	12.513
Lysine	g	2.963			2.519	7.912	13.171
Methionine	g	0.912			0.775	2.434	4.053
Cystine	g	0.399			0.339	1.065	1.773
Phenylalanine	g	1.390			1.182	3.712	6.180
Tyrosine	g	1.197			1.017	3.195	5.319
Valine	g	1.732			1.472	4.625	7.700
Arginine	g	2.251			1.913	6.010	10.005
Histidine	g	1.219			1.037	3.256	5.421
Alanine	g	2.148			1.826	5.736	9.549
Aspartic acid	g	3.254			2.766	8.688	14.463
Glutamic acid	g	5.351			4.548	14.287	23.785
Glycine	g	1.943			1.652	5.188	8.637
Proline	g	1.573			1.337	4.199	6.991
Serine	g	1.362			1.158	3.636	6.054

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 329 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.98			50.98	197.33	266.61
Food energy	kcal	206			175	676	914
	kJ	861			731	2,831	3,825
Protein (N x 6.25)	g	30.17			25.64	99.26	134.10
Total lipid (fat)	g	8.51			7.23	27.99	37.82
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.31			1.12	4.32	5.84
Minerals:							
Calcium	mg	7			6	22	29
Iron	mg	2.75			2.34	9.04	12.22
Magnesium	mg	29			25	96	130
Phosphorus	mg	234			199	769	1,039
Potassium	mg	419			356	1,377	1,861
Sodium	mg	60			51	196	265
Zinc	mg	5.27			4.48	17.34	23.42
Copper	mg	0.117			0.100	0.386	0.522
Manganese	mg	0.016			0.014	0.054	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.37	0.50
Riboflavin	mg	0.26			0.22	0.84	1.13
Niacin	mg	5.71			4.86	18.80	25.40
Pantothenic acid	mg	0.46			0.39	1.53	2.07
Vitamin B-6	mg	0.53			0.45	1.74	2.35
Folate	mcg	11			10	37	50
Vitamin B-12	mcg	2.42			2.06	7.96	10.75
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.24			2.75	10.65	14.39
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.06	0.09
12:0	g	0.02			0.02	0.06	0.08
14:0	g	0.25			0.21	0.82	1.11
16:0	g	2.00			1.70	6.58	8.89
18:0	g	0.95			0.81	3.12	4.22
Monounsaturated, total	g	3.53			3.00	11.62	15.70
16:1	g	0.33			0.28	1.10	1.49
18:1	g	3.18			2.71	10.47	14.15
20:1	g	0.01			0.01	0.04	0.05
22:1	g						
Polyunsaturated, total	g	0.35			0.29	1.14	1.54
18:2	g	0.24			0.20	0.78	1.05
18:3	g	0.09			0.07	0.28	0.38
18:4	g						
20:4	g	0.02			0.02	0.07	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	279	377
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.338			0.287	1.112	1.502
Threonine	g	1.318			1.120	4.336	5.858
Isoleucine	g	1.356			1.153	4.463	6.029
Leucine	g	2.385			2.027	7.845	10.599
Lysine	g	2.510			2.134	8.258	11.157
Methionine	g	0.772			0.656	2.541	3.433
Cystine	g	0.338			0.287	1.112	1.502
Phenylalanine	g	1.178			1.001	3.875	5.235
Tyrosine	g	1.014			0.862	3.335	4.506
Valine	g	1.467			1.247	4.828	6.523
Arginine	g	1.907			1.621	6.273	8.475
Histidine	g	1.033			0.878	3.399	4.592
Alanine	g	1.820			1.547	5.987	8.089
Aspartic acid	g	2.756			2.343	9.068	12.252
Glutamic acid	g	4.533			3.853	14.912	20.148
Glycine	g	1.646			1.399	5.415	7.317
Proline	g	1.332			1.132	4.383	5.922
Serine	g	1.154			0.981	3.796	5.128

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.12			308.98	19.31	305.92
Food energy	kcal	180			814	51	806
	kJ	752			3,409	213	3,375
Protein (N x 6.25)	g	22.06			100.06	6.25	99.07
Total lipid (fat)	g	9.46			42.92	2.68	42.50
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.06			4.80	0.30	4.76
Minerals:							
Calcium	mg	3			15	1	15
Iron	mg	2.02			9.18	0.57	9.09
Magnesium	mg	24			108	7	107
Phosphorus	mg	211			959	60	950
Potassium	mg	367			1,665	104	1,649
Sodium	mg	51			231	14	228
Zinc	mg	2.78			12.59	0.79	12.47
Copper	mg	0.080			0.361	0.023	0.357
Manganese	mg	0.014			0.062	0.004	0.061
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.44	0.03	0.44
Riboflavin	mg	0.18			0.83	0.05	0.82
Niacin	mg	4.22			19.13	1.20	18.94
Pantothenic acid	mg	0.35			1.59	0.10	1.57
Vitamin B-6	mg	0.49			2.24	0.14	2.21
Folate	mcg	9			39	2	39
Vitamin B-12	mcg	2.77			12.57	0.79	12.44
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.63			16.46	1.03	16.30
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.07	0.00	0.07
12:0	g	0.01			0.05	0.00	0.05
14:0	g	0.25			1.15	0.07	1.13
16:0	g	2.15			9.75	0.61	9.66
18:0	g	1.09			4.93	0.31	4.88
Monounsaturated, total	g	3.94			17.88	1.12	17.70
16:1	g	0.38			1.74	0.11	1.72
18:1	g	3.47			15.72	0.98	15.57
20:1	g	0.01			0.07	0.00	0.07
22:1	g						
Polyunsaturated, total	g	0.40			1.83	0.11	1.81
18:2	g	0.28			1.29	0.08	1.27
18:3	g	0.06			0.29	0.02	0.28
18:4	g						
20:4	g	0.05			0.22	0.01	0.21
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59			268	17	265
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.247			1.121	0.070	1.110
Threonine	g	0.964			4.371	0.273	4.327
Isoleucine	g	0.992			4.499	0.281	4.454
Leucine	g	1.744			7.909	0.494	7.830
Lysine	g	1.835			8.325	0.520	8.242
Methionine	g	0.565			2.561	0.160	2.536
Cystine	g	0.247			1.121	0.070	1.110
Phenylalanine	g	0.861			3.906	0.244	3.868
Tyrosine	g	0.741			3.362	0.210	3.329
Valine	g	1.073			4.867	0.304	4.819
Arginine	g	1.394			6.324	0.395	6.261
Histidine	g	0.755			3.426	0.214	3.392
Alanine	g	1.331			6.036	0.377	5.976
Aspartic acid	g	2.015			9.141	0.571	9.051
Glutamic acid	g	3.314			15.033	0.940	14.884
Glycine	g	1.204			5.459	0.341	5.405
Proline	g	0.974			4.419	0.276	4.375
Serine	g	0.844			3.826	0.239	3.788

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 329 g[1]	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.10			50.23	194.43	262.69
Food energy	kcal	229			195	754	1,019
	kJ	960			816	3,157	4,266
Protein (N x 6.25)	g	31.08			26.40	102.18	138.05
Total lipid (fat)	g	10.71			9.11	35.25	47.62
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.35			1.15	4.45	6.01
Minerals:							
Calcium	mg	6			5	21	28
Iron	mg	2.83			2.40	9.30	12.56
Magnesium	mg	30			26	100	134
Phosphorus	mg	241			205	793	1,071
Potassium	mg	432			367	1,422	1,922
Sodium	mg	60			51	199	268
Zinc	mg	5.44			4.63	17.91	24.20
Copper	mg	0.121			0.103	0.397	0.536
Manganese	mg	0.017			0.014	0.055	0.074
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.10	0.38	0.51
Riboflavin	mg	0.26			0.22	0.86	1.17
Niacin	mg	5.90			5.02	19.42	26.24
Pantothenic acid	mg	0.48			0.41	1.58	2.13
Vitamin B-6	mg	0.55			0.47	1.80	2.43
Folate	mcg	12			10	39	52
Vitamin B-12	mcg	2.45			2.09	8.07	10.91
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.86			3.28	12.71	17.17
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.03	0.04
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.26			0.22	0.87	1.18
16:0	g	2.28			1.94	7.50	10.13
18:0	g	1.17			0.99	3.84	5.19
Monounsaturated, total	g	4.28			3.64	14.08	19.03
16:1	g	0.36			0.30	1.17	1.58
18:1	g	3.80			3.23	12.51	16.90
20:1	g	0.01			0.00	0.02	0.02
22:1	g						
Polyunsaturated, total	g	0.49			0.41	1.60	2.17
18:2	g	0.34			0.29	1.12	1.51
18:3	g	0.06			0.05	0.20	0.27
18:4	g						
20:4	g	0.06			0.05	0.19	0.26
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			72	277	375
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.348			0.296	1.144	1.546
Threonine	g	1.357			1.153	4.463	6.030
Isoleucine	g	1.396			1.187	4.594	6.207
Leucine	g	2.455			2.086	8.076	10.911
Lysine	g	2.584			2.196	8.501	11.485
Methionine	g	0.795			0.676	2.616	3.534
Cystine	g	0.348			0.296	1.144	1.546
Phenylalanine	g	1.212			1.031	3.989	5.389
Tyrosine	g	1.043			0.887	3.433	4.638
Valine	g	1.511			1.284	4.970	6.715
Arginine	g	1.963			1.668	6.457	8.724
Histidine	g	1.063			0.904	3.498	4.727
Alanine	g	1.873			1.592	6.163	8.327
Aspartic acid	g	2.837			2.412	9.335	12.612
Glutamic acid	g	4.668			3.966	15.351	20.740
Glycine	g	1.694			1.440	5.575	7.532
Proline	g	1.371			1.166	4.512	6.099
Serine	g	1.188			1.009	3.907	5.279

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 259 g[1]	Refuse: Connective tissue 3% Separable fat 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.40			48.79	148.67	229.14
Food energy	kcal	205			174	530	817
	kJ	857			729	2,220	3,422
Protein (N x 6.25)	g	36.12			30.71	93.56	144.21
Total lipid (fat)	g	5.60			4.76	14.50	22.36
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.75			1.49	4.53	6.99
Minerals:							
Calcium	mg	4			3	10	15
Iron	mg	3.32			2.82	8.60	13.25
Magnesium	mg	26			22	67	103
Phosphorus	mg	226			192	585	902
Potassium	mg	334			284	865	1,333
Sodium	mg	45			38	117	180
Zinc	mg	4.56			3.88	11.81	18.20
Copper	mg	0.124			0.105	0.321	0.495
Manganese	mg	0.050			0.042	0.129	0.200
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.28
Riboflavin	mg	0.25			0.22	0.66	1.01
Niacin	mg	3.81			3.24	9.87	15.21
Pantothenic acid	mg	0.37			0.32	0.96	1.49
Vitamin B-6	mg	0.28			0.24	0.73	1.13
Folate	mcg	9			8	24	37
Vitamin B-12	mcg	2.70			2.29	6.99	10.78
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.92			1.64	4.98	7.68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.13			0.11	0.34	0.52
16:0	g	1.17			1.00	3.03	4.68
18:0	g	0.62			0.53	1.61	2.49
Monounsaturated, total	g	2.18			1.85	5.63	8.68
16:1	g	0.18			0.15	0.46	0.71
18:1	g	2.00			1.70	5.18	7.98
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.25			0.21	0.65	1.00
18:2	g	0.20			0.17	0.51	0.78
18:3	g	0.02			0.02	0.05	0.07
18:4	g						
20:4	g	0.04			0.03	0.10	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	233	359
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.405			0.344	1.048	1.615
Threonine	g	1.578			1.341	4.087	6.299
Isoleucine	g	1.624			1.381	4.207	6.484
Leucine	g	2.855			2.427	7.395	11.398
Lysine	g	3.006			2.555	7.784	11.998
Methionine	g	0.925			0.786	2.395	3.692
Cystine	g	0.405			0.344	1.048	1.615
Phenylalanine	g	1.410			1.199	3.653	5.630
Tyrosine	g	1.214			1.032	3.144	4.845
Valine	g	1.757			1.494	4.551	7.014
Arginine	g	2.283			1.941	5.913	9.114
Histidine	g	1.237			1.051	3.204	4.938
Alanine	g	2.179			1.852	5.644	8.699
Aspartic acid	g	3.300			2.805	8.548	13.175
Glutamic acid	g	5.427			4.613	14.057	21.666
Glycine	g	1.971			1.675	5.105	7.868
Proline	g	1.595			1.356	4.132	6.368
Serine	g	1.381			1.174	3.578	5.515

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 261 g[1]	Refuse: Connective tissue 2% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.70			49.89	153.21	255.58
Food energy	kcal	199			169	520	868
	kJ	835			709	2,178	3,633
Protein (N x 6.25)	g	36.12			30.71	94.29	157.29
Total lipid (fat)	g	5.00			4.25	13.05	21.77
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.75			1.49	4.57	7.62
Minerals:							
Calcium	mg	4			3	10	17
Iron	mg	3.32			2.82	8.67	14.46
Magnesium	mg	26			22	67	112
Phosphorus	mg	226			192	590	984
Potassium	mg	334			284	872	1,454
Sodium	mg	45			38	117	196
Zinc	mg	4.56			3.88	11.90	19.85
Copper	mg	0.124			0.105	0.324	0.540
Manganese	mg	0.050			0.042	0.130	0.218
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.31
Riboflavin	mg	0.25			0.22	0.66	1.11
Niacin	mg	3.81			3.24	9.94	16.59
Pantothenic acid	mg	0.37			0.32	0.97	1.62
Vitamin B-6	mg	0.28			0.24	0.74	1.23
Folate	mcg	9			8	24	40
Vitamin B-12	mcg	2.70			2.29	7.05	11.76
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.72			1.46	4.48	7.48
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.12			0.10	0.30	0.51
16:0	g	1.05			0.89	2.73	4.55
18:0	g	0.56			0.47	1.45	2.42
Monounsaturated, total	g	1.94			1.65	5.07	8.46
16:1	g	0.16			0.13	0.41	0.69
18:1	g	1.78			1.52	4.66	7.77
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.22			0.19	0.58	0.98
18:2	g	0.17			0.15	0.45	0.76
18:3	g	0.02			0.01	0.04	0.07
18:4	g						
20:4	g	0.03			0.03	0.09	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	235	392
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.405			0.344	1.056	1.762
Threonine	g	1.578			1.341	4.118	6.870
Isoleucine	g	1.624			1.381	4.239	7.072
Leucine	g	2.855			2.427	7.452	12.432
Lysine	g	3.006			2.555	7.845	13.086
Methionine	g	0.925			0.786	2.414	4.027
Cystine	g	0.405			0.344	1.056	1.762
Phenylalanine	g	1.410			1.199	3.681	6.141
Tyrosine	g	1.214			1.032	3.168	5.285
Valine	g	1.757			1.494	4.586	7.650
Arginine	g	2.283			1.941	5.959	9.941
Histidine	g	1.237			1.051	3.228	5.386
Alanine	g	2.179			1.852	5.687	9.488
Aspartic acid	g	3.300			2.805	8.614	14.370
Glutamic acid	g	5.427			4.613	14.166	23.631
Glycine	g	1.971			1.675	5.144	8.582
Proline	g	1.595			1.356	4.164	6.946
Serine	g	1.381			1.174	3.605	6.015

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat
All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 257 g[1]	Refuse: Connective tissue 3% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.00			52.70	159.34	253.08
Food energy	kcal	180			153	461	733
	kJ	751			639	1,931	3,067
Protein (N x 6.25)	g	31.69	0.667	18	26.93	81.44	129.35
Total lipid (fat)	g	4.90			4.16	12.59	20.00
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.38	0.031	18	1.17	3.55	5.63
Minerals:							
Calcium	mg	6	0.411	9	5	15	24
Iron	mg	2.88	0.147	9	2.45	7.40	11.76
Magnesium	mg	31	0.838	9	26	80	127
Phosphorus	mg	246			632	1,004	
Potassium	mg	442	11.085	9	376	1,136	1,804
Sodium	mg	61	4.884	9	52	157	249
Zinc	mg	5.57	0.315	8	4.73	14.31	22.74
Copper	mg	0.123	0.005	8	0.105	0.316	0.502
Manganese	mg	0.017			0.014	0.044	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12	0.009	19	0.10	0.30	0.48
Riboflavin	mg	0.27	0.010	17	0.23	0.69	1.09
Niacin	mg	6.04	0.393	15	5.13	15.52	24.64
Pantothenic acid	mg	0.49	0.029	8	0.42	1.26	2.00
Vitamin B-6	mg	0.56	0.024	4	0.48	1.44	2.29
Folate	mcg	12	1.379	18	10	31	49
Vitamin B-12	mcg	2.48	0.426	19	2.11	6.37	10.12
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.68			1.43	4.33	6.87
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.00		8	0.00	0.00	0.00
14:0	g	0.11		8	0.10	0.29	0.46
16:0	g	1.02		8	0.87	2.63	4.18
18:0	g	0.54		8	0.46	1.40	2.22
Monounsaturated, total	g	1.90			1.62	4.89	7.77
16:1	g	0.15		8	0.13	0.40	0.63
18:1	g	1.75		8	1.49	4.49	7.14
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.22			0.19	0.56	0.90
18:2	g	0.17		8	0.15	0.44	0.70
18:3	g	0.02		8	0.01	0.04	0.07
18:4	g						
20:4	g	0.03		8	0.03	0.08	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84	1.412	8	71	216	343
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.355			0.302	0.912	1.449
Threonine	g	1.384			1.176	3.557	5.650
Isoleucine	g	1.425			1.211	3.661	5.815
Leucine	g	2.505			2.129	6.437	10.224
Lysine	g	2.636			2.241	6.776	10.762
Methionine	g	0.811			0.690	2.085	3.311
Cystine	g	0.355			0.302	0.912	1.449
Phenylalanine	g	1.237			1.052	3.179	5.050
Tyrosine	g	1.065			0.905	2.736	4.346
Valine	g	1.541			1.310	3.961	6.291
Arginine	g	2.003			1.702	5.147	8.175
Histidine	g	1.085			0.922	2.788	4.429
Alanine	g	1.911			1.625	4.912	7.802
Aspartic acid	g	2.895			2.461	7.440	11.817
Glutamic acid	g	4.761			4.047	12.235	19.433
Glycine	g	1.729			1.470	4.443	7.057
Proline	g	1.399			1.189	3.596	5.712
Serine	g	1.212			1.030	3.114	4.946

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[1] Raw weight includes refuse; cooked weight excludes refuse.

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BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 260 g[1]	Refuse: Connective tissue 2% Separable fat 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.90			48.36	147.94	227.14
Food energy	kcal	213			181	553	850
	kJ	891			757	2,317	3,557
Protein (N x 6.25)	g	36.12			30.71	93.92	144.21
Total lipid (fat)	g	6.50			5.52	16.90	25.95
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.75			1.49	4.55	6.99
Minerals:							
Calcium	mg	4			3	10	15
Iron	mg	3.32			2.82	8.63	13.25
Magnesium	mg	26			22	67	103
Phosphorus	mg	226			192	588	902
Potassium	mg	334			284	868	1,333
Sodium	mg	45			38	117	180
Zinc	mg	4.56			3.88	11.86	18.20
Copper	mg	0.124			0.105	0.322	0.495
Manganese	mg	0.050			0.042	0.130	0.200
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.18	0.28
Riboflavin	mg	0.25			0.22	0.66	1.01
Niacin	mg	3.81			3.24	9.91	15.21
Pantothenic acid	mg	0.37			0.32	0.97	1.49
Vitamin B-6	mg	0.28			0.24	0.74	1.13
Folate	mcg	9			8	24	37
Vitamin B-12	mcg	2.70			2.29	7.02	10.78
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.23			1.90	5.81	8.92
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.15			0.13	0.39	0.60
16:0	g	1.36			1.16	3.53	5.43
18:0	g	0.72			0.61	1.88	2.89
Monounsaturated, total	g	2.52			2.15	6.56	10.08
16:1	g	0.21			0.17	0.53	0.82
18:1	g	2.32			1.97	6.03	9.26
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.29			0.25	0.76	1.16
18:2	g	0.23			0.19	0.59	0.90
18:3	g	0.02			0.02	0.06	0.09
18:4	g						
20:4	g	0.04			0.04	0.11	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	234	359
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.405			0.344	1.052	1.615
Threonine	g	1.578			1.341	4.103	6.299
Isoleucine	g	1.624			1.381	4.223	6.484
Leucine	g	2.855			2.427	7.424	11.398
Lysine	g	3.006			2.555	7.815	11.998
Methionine	g	0.925			0.786	2.404	3.692
Cystine	g	0.405			0.344	1.052	1.615
Phenylalanine	g	1.410			1.199	3.667	5.630
Tyrosine	g	1.214			1.032	3.156	4.845
Valine	g	1.757			1.494	4.569	7.014
Arginine	g	2.283			1.941	5.936	9.114
Histidine	g	1.237			1.051	3.216	4.938
Alanine	g	2.179			1.852	5.666	8.699
Aspartic acid	g	3.300			2.805	8.581	13.175
Glutamic acid	g	5.427			4.613	14.111	21.666
Glycine	g	1.971			1.675	5.125	7.865
Proline	g	1.595			1.356	4.148	6.368
Serine	g	1.381			1.174	3.592	5.515

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 261 g[1]	Refuse: Connective tissue 2% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.10			49.38	151.64	253.03
Food energy	kcal	207			176	539	900
	kJ	865			735	2,257	3,766
Protein (N x 6.25)	g	36.12			30.71	94.29	157.32
Total lipid (fat)	g	5.80			4.93	15.14	25.26
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.75			1.49	4.57	7.62
Minerals:							
Calcium	mg	4			3	10	17
Iron	mg	3.32			2.82	8.67	14.46
Magnesium	mg	26			22	67	112
Phosphorus	mg	226			192	590	984
Potassium	mg	334			284	872	1,455
Sodium	mg	45			38	117	196
Zinc	mg	4.56			3.88	11.90	19.86
Copper	mg	0.124			0.105	0.324	0.540
Manganese	mg	0.050			0.042	0.130	0.218
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.31
Riboflavin	mg	0.25			0.22	0.66	1.11
Niacin	mg	3.81			3.24	9.94	16.59
Pantothenic acid	mg	0.37			0.32	0.97	1.62
Vitamin B-6	mg	0.28			0.24	0.74	1.23
Folate	mcg	9			8	24	40
Vitamin B-12	mcg	2.70			2.29	7.05	11.76
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.99			1.69	5.20	8.68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.13			0.11	0.35	0.59
16:0	g	1.21			1.03	3.17	5.28
18:0	g	0.65			0.55	1.68	2.81
Monounsaturated, total	g	2.25			1.91	5.88	9.81
16:1	g	0.18			0.16	0.48	0.80
18:1	g	2.07			1.76	5.40	9.01
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.26			0.22	0.68	1.13
18:2	g	0.20			0.17	0.53	0.88
18:3	g	0.02			0.02	0.05	0.08
18:4	g						
20:4	g	0.04			0.03	0.10	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	235	392
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.405			0.344	1.056	1.762
Threonine	g	1.578			1.341	4.118	6.872
Isoleucine	g	1.624			1.381	4.239	7.073
Leucine	g	2.855			2.427	7.452	12.435
Lysine	g	3.006			2.555	7.845	13.089
Methionine	g	0.925			0.786	2.414	4.027
Cystine	g	0.405			0.344	1.056	1.762
Phenylalanine	g	1.410			1.199	3.681	6.142
Tyrosine	g	1.214			1.032	3.168	5.286
Valine	g	1.757			1.494	4.586	7.652
Arginine	g	2.283			1.941	5.959	9.943
Histidine	g	1.237			1.051	3.228	5.387
Alanine	g	2.179			1.852	5.687	9.490
Aspartic acid	g	3.300			2.805	8.614	14.373
Glutamic acid	g	5.427			4.613	14.166	23.636
Glycine	g	1.971			1.675	5.144	8.584
Proline	g	1.595			1.356	4.164	6.947
Serine	g	1.381			1.174	3.605	6.016

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 257 g[1]	Refuse: Connective tissue 3% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	61.20			52.02	157.28	249.82
Food energy	*kcal*	189			160	485	770
	kJ	789			671	2,028	3,221
Protein (N x 6.25)	*g*	31.69			26.93	81.44	129.35
Total lipid (fat)	*g*	5.90			5.01	15.16	24.08
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.38			1.17	3.55	5.63
Minerals:							
Calcium	*mg*	6			5	15	24
Iron	*mg*	2.88			2.45	7.40	11.76
Magnesium	*mg*	31			26	80	127
Phosphorus	*mg*	246			209	632	1,004
Potassium	*mg*	442			376	1,136	1,804
Sodium	*mg*	61			52	157	249
Zinc	*mg*	5.57			4.73	14.31	22.74
Copper	*mg*	0.123			0.105	0.316	0.502
Manganese	*mg*	0.017			0.014	0.044	0.069
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.12			0.10	0.30	0.48
Riboflavin	*mg*	0.27			0.23	0.69	1.09
Niacin	*mg*	6.04			5.13	15.52	24.64
Pantothenic acid	*mg*	0.49			0.42	1.26	2.00
Vitamin B-6	*mg*	0.56			0.48	1.44	2.29
Folate	*mcg*	12			10	31	49
Vitamin B-12	*mcg*	2.48			2.11	6.37	10.12
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.03			1.72	5.21	8.28
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.14			0.12	0.35	0.56
16:0	*g*	1.23			1.05	3.17	5.04
18:0	*g*	0.66			0.56	1.69	2.68
Monounsaturated, total	*g*	2.29			1.95	5.89	9.35
16:1	*g*	0.19			0.16	0.48	0.76
18:1	*g*	2.11			1.79	5.41	8.60
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.26			0.22	0.68	1.08
18:2	*g*	0.21			0.17	0.53	0.84
18:3	*g*	0.02			0.02	0.05	0.08
18:4	*g*						
20:4	*g*	0.04			0.03	0.10	0.16
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	84			71	216	343
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.355			0.302	0.912	1.449
Threonine	*g*	1.384			1.176	3.557	5.650
Isoleucine	*g*	1.425			1.211	3.661	5.815
Leucine	*g*	2.505			2.129	6.437	10.224
Lysine	*g*	2.636			2.241	6.776	10.762
Methionine	*g*	0.811			0.690	2.085	3.311
Cystine	*g*	0.355			0.302	0.912	1.449
Phenylalanine	*g*	1.237			1.052	3.179	5.050
Tyrosine	*g*	1.065			0.905	2.736	4.346
Valine	*g*	1.541			1.310	3.961	6.291
Arginine	*g*	2.003			1.702	5.147	8.175
Histidine	*g*	1.085			0.922	2.786	4.429
Alanine	*g*	1.911			1.625	4.912	7.802
Aspartic acid	*g*	2.895			2.461	7.440	11.817
Glutamic acid	*g*	4.761			4.047	12.235	19.433
Glycine	*g*	1.729			1.470	4.443	7.057
Proline	*g*	1.399			1.189	3.596	5.712
Serine	*g*	1.212			1.030	3.114	4.946

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, pan-fried

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 252 g[1]	Refuse: Connective tissue 1% Separable fat 11%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.50	0.484	4	47.17	139.58	221.56
Food energy	kcal	227			193	571	907
	kJ	951			808	2,391	3,796
Protein (N x 6.25)	g	35.07	0.351	4	29.81	88.20	140.00
Total lipid (fat)	g	8.58	0.210	4	7.29	21.58	34.25
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.54			1.31	3.87	6.15
Minerals:							
Calcium	mg	5			4	13	20
Iron	mg	3.15			2.68	7.92	12.57
Magnesium	mg	35			30	88	140
Phosphorus	mg	292			248	734	1,166
Potassium	mg	513			436	1,290	2,048
Sodium	mg	71			60	179	283
Zinc	mg	4.62			3.93	11.62	18.44
Copper	mg	0.131			0.111	0.329	0.523
Manganese	mg	0.020			0.017	0.050	0.080
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.28	0.45
Riboflavin	mg	0.28			0.24	0.70	1.11
Niacin	mg	5.48			4.66	13.78	21.88
Pantothenic acid	mg	0.46			0.39	1.15	1.83
Vitamin B-6	mg	0.61			0.52	1.53	2.44
Folate	mcg	13			11	33	52
Vitamin B-12	mcg	3.43			2.92	8.63	13.69
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.42			2.06	6.10	9.68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.01
12:0	g	0.00			0.00	0.00	0.01
14:0	g	0.14			0.12	0.35	0.55
16:0	g	1.45			1.23	3.64	5.78
18:0	g	0.74			0.63	1.85	2.94
Monounsaturated, total	g	2.83			2.40	7.11	11.29
16:1	g	0.19			0.16	0.49	0.77
18:1	g	2.58			2.20	6.50	10.31
20:1	g	0.00			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	1.64			1.39	4.12	6.53
18:2	g	1.23			1.05	3.10	4.92
18:3	g	0.16			0.13	0.39	0.62
18:4	g						
20:4	g	0.23			0.19	0.57	0.91
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	97			82	244	387
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.393			0.334	0.988	1.568
Threonine	g	1.532			1.302	3.853	6.115
Isoleucine	g	1.577			1.340	3.966	6.294
Leucine	g	2.772			2.356	6.971	11.066
Lysine	g	2.918			2.480	7.338	11.648
Methionine	g	0.898			0.763	2.258	3.584
Cystine	g	0.393			0.334	0.988	1.568
Phenylalanine	g	1.369			1.164	3.443	5.466
Tyrosine	g	1.178			1.002	2.964	4.704
Valine	g	1.706			1.450	4.290	6.810
Arginine	g	2.216			1.884	5.574	8.848
Histidine	g	1.201			1.021	3.020	4.794
Alanine	g	2.115			1.798	5.320	8.445
Aspartic acid	g	3.204			2.723	8.058	12.790
Glutamic acid	g	5.269			4.479	13.251	21.033
Glycine	g	1.913			1.626	4.812	7.638
Proline	g	1.549			1.316	3.895	6.182
Serine	g	1.341			1.140	3.373	5.354

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 262 g[1]	Refuse: Connective tissue 3% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.00			49.30	151.96	234.15
Food energy	kcal	196			166	513	790
	kJ	819			696	2,147	3,308
Protein (N x 6.25)	g	36.12			30.71	94.65	145.84
Total lipid (fat)	g	4.60			3.91	12.05	18.57
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.75			1.49	4.58	7.06
Minerals:							
Calcium	mg	4			3	10	15
Iron	mg	3.32			2.82	8.70	13.40
Magnesium	mg	26			22	68	104
Phosphorus	mg	226			192	592	912
Potassium	mg	334			284	875	1,348
Sodium	mg	45			38	118	182
Zinc	mg	4.56			3.88	11.95	18.41
Copper	mg	0.124			0.105	0.325	0.501
Manganese	mg	0.050			0.042	0.131	0.202
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.07			0.06	0.19	0.29
Riboflavin	mg	0.25			0.22	0.67	1.03
Niacin	mg	3.81			3.24	9.98	15.38
Pantothenic acid	mg	0.37			0.32	0.97	1.50
Vitamin B-6	mg	0.28			0.24	0.74	1.14
Folate	mcg	9			8	24	37
Vitamin B-12	mcg	2.70			2.29	7.07	10.90
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	1.58			1.34	4.14	6.38
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.11			0.09	0.28	0.43
16:0	g	0.96			0.82	2.52	3.88
18:0	g	0.51			0.43	1.34	2.07
Monounsaturated, total	g	1.79			1.52	4.68	7.21
16:1	g	0.15			0.12	0.38	0.59
18:1	g	1.64			1.40	4.30	6.63
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.21			0.18	0.54	0.83
18:2	g	0.16			0.14	0.42	0.65
18:3	g	0.02			0.01	0.04	0.06
18:4	g						
20:4	g	0.03			0.03	0.08	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	236	363
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.405			0.344	1.060	1.633
Threonine	g	1.578			1.341	4.134	6.370
Isoleucine	g	1.624			1.381	4.255	6.557
Leucine	g	2.855			2.427	7.481	11.527
Lysine	g	3.006			2.555	7.875	12.134
Methionine	g	0.925			0.786	2.423	3.733
Cystine	g	0.405			0.344	1.060	1.633
Phenylalanine	g	1.410			1.199	3.695	5.693
Tyrosine	g	1.214			1.032	3.180	4.900
Valine	g	1.757			1.494	4.604	7.093
Arginine	g	2.283			1.941	5.982	9.217
Histidine	g	1.237			1.051	3.241	4.993
Alanine	g	2.179			1.852	5.709	8.797
Aspartic acid	g	3.300			2.805	8.647	13.324
Glutamic acid	g	5.427			4.613	14.220	21.910
Glycine	g	1.971			1.675	5.164	7.957
Proline	g	1.595			1.356	4.180	6.440
Serine	g	1.381			1.174	3.619	5.577

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 261 g[1]	Refuse: Connective tissue 2% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	59.30			50.40	154.77	258.25
Food energy	*kcal*	190			162	497	829
	kJ	797			677	2,080	3,470
Protein (N x 6.25)	*g*	36.12			30.71	94.29	157.32
Total lipid (fat)	*g*	4.00			3.40	10.44	17.42
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.75			1.49	4.57	7.62
Minerals:							
Calcium	*mg*	4			3	10	17
Iron	*mg*	3.32			2.82	8.67	14.46
Magnesium	*mg*	26			22	67	112
Phosphorus	*mg*	226			192	590	984
Potassium	*mg*	334			284	872	1,455
Sodium	*mg*	45			38	117	196
Zinc	*mg*	4.56			3.88	11.90	19.86
Copper	*mg*	0.124			0.105	0.324	0.540
Manganese	*mg*	0.050			0.042	0.130	0.218
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.07			0.06	0.19	0.31
Riboflavin	*mg*	0.25			0.22	0.66	1.11
Niacin	*mg*	3.81			3.24	9.94	16.59
Pantothenic acid	*mg*	0.37			0.32	0.97	1.62
Vitamin B-6	*mg*	0.28			0.24	0.74	1.23
Folate	*mcg*	9			8	24	40
Vitamin B-12	*mcg*	2.70			2.29	7.05	11.76
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	1.37			1.17	3.59	5.99
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.09			0.08	0.24	0.40
16:0	*g*	0.84			0.71	2.18	3.64
18:0	*g*	0.44			0.38	1.16	1.94
Monounsaturated, total	*g*	1.55			1.32	4.06	6.77
16:1	*g*	0.13			0.11	0.33	0.55
18:1	*g*	1.43			1.21	3.73	6.22
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.18			0.15	0.47	0.78
18:2	*g*	0.14			0.12	0.36	0.61
18:3	*g*	0.01			0.01	0.03	0.06
18:4	*g*						
20:4	*g*	0.03			0.02	0.07	0.12
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	90			76	235	392
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.405			0.344	1.056	1.762
Threonine	*g*	1.578			1.341	4.118	6.872
Isoleucine	*g*	1.624			1.381	4.239	7.073
Leucine	*g*	2.855			2.427	7.452	12.435
Lysine	*g*	3.006			2.555	7.845	13.089
Methionine	*g*	0.925			0.786	2.414	4.027
Cystine	*g*	0.405			0.344	1.056	1.762
Phenylalanine	*g*	1.410			1.199	3.681	6.142
Tyrosine	*g*	1.214			1.032	3.168	5.286
Valine	*g*	1.757			1.494	4.586	7.652
Arginine	*g*	2.283			1.941	5.959	9.943
Histidine	*g*	1.237			1.051	3.228	5.387
Alanine	*g*	2.179			1.852	5.687	9.490
Aspartic acid	*g*	3.300			2.805	8.614	14.373
Glutamic acid	*g*	5.427			4.613	14.166	23.636
Glycine	*g*	1.971			1.675	5.144	8.584
Proline	*g*	1.595			1.356	4.164	6.947
Serine	*g*	1.381			1.174	3.605	6.016

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 3 oz = 85 g	1 lb raw yields 260 g[1]	**Refuse:** Connective tissue 2% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	63.20			53.72	164.32	260.89
Food energy	*kcal*	169			143	439	696
	kJ	706			600	1,836	2,915
Protein (N x 6.25)	*g*	31.69			26.93	82.39	130.81
Total lipid (fat)	*g*	3.70			3.14	9.62	15.27
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.38			1.17	3.59	5.70
Minerals:							
Calcium	*mg*	6			5	16	25
Iron	*mg*	2.88			2.45	7.49	11.89
Magnesium	*mg*	31			26	81	128
Phosphorus	*mg*	246			209	640	1,015
Potassium	*mg*	442			376	1,149	1,825
Sodium	*mg*	61			52	159	252
Zinc	*mg*	5.57			4.73	14.48	22.99
Copper	*mg*	0.123			0.105	0.320	0.508
Manganese	*mg*	0.017			0.014	0.044	0.070
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.12			0.10	0.31	0.49
Riboflavin	*mg*	0.27			0.23	0.70	1.11
Niacin	*mg*	6.04			5.13	15.70	24.92
Pantothenic acid	*mg*	0.49			0.42	1.27	2.02
Vitamin B-6	*mg*	0.56			0.48	1.46	2.31
Folate	*mcg*	12			10	31	50
Vitamin B-12	*mcg*	2.48			2.11	6.45	10.24
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	1.27			1.08	3.31	5.25
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.09			0.07	0.22	0.35
16:0	*g*	0.77			0.66	2.01	3.19
18:0	*g*	0.41			0.35	1.07	1.70
Monounsaturated, total	*g*	1.44			1.22	3.74	5.93
16:1	*g*	0.12			0.10	0.30	0.48
18:1	*g*	1.32			1.12	3.43	5.45
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.17			0.14	0.43	0.68
18:2	*g*	0.13			0.11	0.34	0.53
18:3	*g*	0.01			0.01	0.03	0.05
18:4	*g*						
20:4	*g*	0.02			0.02	0.06	0.10
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	84			71	218	347
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.355			0.302	0.923	1.465
Threonine	*g*	1.384			1.176	3.599	5.714
Isoleucine	*g*	1.425			1.211	3.704	5.881
Leucine	*g*	2.505			2.129	6.512	10.339
Lysine	*g*	2.636			2.241	6.855	10.883
Methionine	*g*	0.811			0.690	2.109	3.349
Cystine	*g*	0.355			0.302	0.923	1.465
Phenylalanine	*g*	1.237			1.052	3.216	5.107
Tyrosine	*g*	1.065			0.905	2.768	4.395
Valine	*g*	1.541			1.310	4.007	6.362
Arginine	*g*	2.003			1.702	5.207	8.267
Histidine	*g*	1.085			0.922	2.821	4.479
Alanine	*g*	1.911			1.625	4.970	7.890
Aspartic acid	*g*	2.895			2.461	7.527	11.950
Glutamic acid	*g*	4.761			4.047	12.378	19.652
Glycine	*g*	1.729			1.470	4.495	7.137
Proline	*g*	1.399			1.189	3.638	5.776
Serine	*g*	1.212			1.030	3.150	5.002

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, ROUND, TOP ROUND, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 319 g[1]	Refuse: Connective tissue 1% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.35			51.30	192.52	260.05
Food energy	kcal	215			183	687	928
	kJ	901			766	2,875	3,884
Protein (N x 6.25)	g	31.69			26.93	101.08	136.54
Total lipid (fat)	g	8.87			7.54	28.30	38.22
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.38			1.17	4.40	5.95
Minerals:							
Calcium	mg	6			5	19	26
Iron	mg	2.88			2.45	9.19	12.41
Magnesium	mg	31			26	99	134
Phosphorus	mg	246			209	785	1,060
Potassium	mg	442			376	1,410	1,905
Sodium	mg	61			52	195	263
Zinc	mg	5.57			4.73	17.77	24.00
Copper	mg	0.123			0.105	0.392	0.530
Manganese	mg	0.017			0.014	0.054	0.073
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.10	0.38	0.51
Riboflavin	mg	0.27			0.23	0.85	1.15
Niacin	mg	6.04			5.13	19.26	26.01
Pantothenic acid	mg	0.49			0.42	1.56	2.11
Vitamin B-6	mg	0.56			0.48	1.79	2.41
Folate	mcg	12			10	38	52
Vitamin B-12	mcg	2.48			2.11	7.91	10.69
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.10			2.64	9.89	13.36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.00			0.00	0.00	0.00
14:0	g	0.20			0.17	0.64	0.86
16:0	g	1.80			1.53	5.74	7.76
18:0	g	0.96			0.82	3.06	4.14
Monounsaturated, total	g	3.47			2.95	11.07	14.96
16:1	g	0.27			0.23	0.86	1.16
18:1	g	3.08			2.62	9.83	13.28
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.42			0.36	1.34	1.81
18:2	g	0.30			0.26	0.96	1.29
18:3	g	0.03			0.03	0.10	0.13
18:4	g						
20:4	g	0.06			0.05	0.19	0.26
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	268	362
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.355			0.302	1.132	1.529
Threonine	g	1.384			1.176	4.415	5.964
Isoleucine	g	1.425			1.211	4.545	6.139
Leucine	g	2.505			2.129	7.990	10.792
Lysine	g	2.636			2.241	8.410	11.360
Methionine	g	0.811			0.690	2.588	3.495
Cystine	g	0.355			0.302	1.132	1.529
Phenylalanine	g	1.237			1.052	3.946	5.331
Tyrosine	g	1.065			0.905	3.396	4.588
Valine	g	1.541			1.310	4.917	6.641
Arginine	g	2.003			1.702	6.388	8.629
Histidine	g	1.085			0.922	3.461	4.675
Alanine	g	1.911			1.625	6.097	8.236
Aspartic acid	g	2.895			2.461	9.235	12.474
Glutamic acid	g	4.761			4.047	15.187	20.514
Glycine	g	1.729			1.470	5.515	7.450
Proline	g	1.399			1.189	4.464	6.030
Serine	g	1.212			1.030	3.865	5.221

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, SHANK CROSSCUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 oz = 28.35 g	Refuse: Bone 34%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.28			58.03	19.36	204.42
Food energy	kcal	177			150	50	529
	kJ	740			629	210	2,216
Protein (N x 6.25)	g	20.53			17.45	5.82	61.47
Total lipid (fat)	g	9.88			8.40	2.80	29.59
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.34			1.14	0.38	4.00
Minerals:							
Calcium	mg	19			16	5	57
Iron	mg	2.18			1.85	0.62	6.52
Magnesium	mg	13			11	4	39
Phosphorus	mg	192			163	54	574
Potassium	mg	358			304	102	1,072
Sodium	mg	60			51	17	179
Zinc	mg	6.41			5.44	1.82	19.18
Copper	mg	0.068			0.057	0.019	0.202
Manganese	mg	0.013			0.011	0.004	0.040
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.03	0.30
Riboflavin	mg	0.20			0.17	0.06	0.61
Niacin	mg	5.36			4.55	1.52	16.02
Pantothenic acid	mg	0.33			0.28	0.09	0.98
Vitamin B-6	mg	0.44			0.38	0.13	1.33
Folate	mcg	8			6	2	23
Vitamin B-12	mcg	3.15			2.69	0.90	9.47
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.81			3.24	1.08	11.42
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.02	0.01	0.08
12:0	g	0.02			0.02	0.01	0.06
14:0	g	0.30			0.25	0.08	0.89
16:0	g	2.30			1.95	0.65	6.87
18:0	g	1.13			0.96	0.32	3.38
Monounsaturated, total	g	4.38			3.73	1.24	13.13
16:1	g	0.49			0.42	0.14	1.48
18:1	g	3.81			3.24	1.08	11.40
20:1	g	0.01			0.01	0.00	0.03
22:1	g						
Polyunsaturated, total	g	0.37			0.31	0.10	1.10
18:2	g	0.23			0.20	0.07	0.70
18:3	g	0.11			0.09	0.03	0.32
18:4	g						
20:4	g	0.03			0.02	0.01	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	44			38	13	133
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.230			0.195	0.065	0.688
Threonine	g	0.897			0.762	0.254	2.685
Isoleucine	g	0.923			0.785	0.262	2.764
Leucine	g	1.623			1.379	0.460	4.859
Lysine	g	1.708			1.452	0.484	5.114
Methionine	g	0.526			0.447	0.149	1.574
Cystine	g	0.230			0.195	0.065	0.688
Phenylalanine	g	0.802			0.681	0.227	2.400
Tyrosine	g	0.690			0.586	0.196	2.065
Valine	g	0.999			0.849	0.283	2.990
Arginine	g	1.298			1.103	0.368	3.885
Histidine	g	0.703			0.598	0.199	2.105
Alanine	g	1.238			1.053	0.351	3.708
Aspartic acid	g	1.876			1.594	0.532	5.616
Glutamic acid	g	3.085			2.622	0.875	9.235
Glycine	g	1.120			0.952	0.318	3.354
Proline	g	0.907			0.771	0.257	2.715
Serine	g	0.785			0.667	0.223	2.351

BEEF, SHANK CROSSCUTS, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 194 g[1]	Refuse: Bone 37%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.06			45.10	102.93	163.68
Food energy	kcal	263			224	511	813
	kJ	1,103			937	2,139	3,402
Protein (N x 6.25)	g	30.69			26.08	59.53	94.67
Total lipid (fat)	g	14.68			12.47	28.47	45.28
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.14			1.82	4.15	6.60
Minerals:							
Calcium	mg	30			25	58	92
Iron	mg	3.50			2.97	6.78	10.79
Magnesium	mg	27			23	52	83
Phosphorus	mg	239			203	463	736
Potassium	mg	404			344	784	1,247
Sodium	mg	61			52	118	188
Zinc	mg	9.31			7.91	18.06	28.72
Copper	mg	0.155			0.132	0.302	0.480
Manganese	mg	0.018			0.016	0.036	0.056
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.10	0.24	0.38
Riboflavin	mg	0.20			0.17	0.38	0.61
Niacin	mg	5.33			4.53	10.33	16.43
Pantothenic acid	mg	0.37			0.32	0.73	1.15
Vitamin B-6	mg	0.34			0.29	0.66	1.05
Folate	mcg	9			8	18	28
Vitamin B-12	mcg	3.51			2.98	6.81	10.82
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.70			4.84	11.05	17.57
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.07	0.11
12:0	g	0.04			0.04	0.08	0.13
14:0	g	0.46			0.39	0.90	1.43
16:0	g	3.49			2.97	6.77	10.76
18:0	g	1.55			1.32	3.02	4.79
Monounsaturated, total	g	6.45			5.48	12.51	19.89
16:1	g	0.68			0.58	1.32	2.09
18:1	g	5.62			4.78	10.91	17.35
20:1	g	0.03			0.03	0.06	0.10
22:1	g						
Polyunsaturated, total	g	0.53			0.45	1.03	1.63
18:2	g	0.36			0.31	0.70	1.11
18:3	g	0.14			0.12	0.28	0.44
18:4	g						
20:4	g	0.03			0.02	0.05	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	156	247
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.344			0.292	0.667	1.060
Threonine	g	1.340			1.139	2.600	4.135
Isoleucine	g	1.380			1.173	2.677	4.256
Leucine	g	2.426			2.062	4.705	7.483
Lysine	g	2.553			2.170	4.953	7.877
Methionine	g	0.786			0.668	1.524	2.424
Cystine	g	0.344			0.292	0.667	1.060
Phenylalanine	g	1.198			1.018	2.324	3.696
Tyrosine	g	1.031			0.876	2.000	3.181
Valine	g	1.493			1.269	2.896	4.605
Arginine	g	1.939			1.649	3.762	5.983
Histidine	g	1.051			0.893	2.036	3.241
Alanine	g	1.851			1.573	3.591	5.710
Aspartic acid	g	2.804			2.383	5.439	8.649
Glutamic acid	g	4.610			3.919	8.944	14.223
Glycine	g	1.674			1.423	3.248	5.165
Proline	g	1.355			1.152	2.629	4.181
Serine	g	1.173			0.997	2.277	3.620

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, SHANK CROSSCUTS, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 170 g[1]	Refuse: Bone 37% Separable fat 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.21	0.623	11	49.48	98.72	145.23
Food energy	kcal	201			171	341	502
	kJ	842			716	1,428	2,101
Protein (N x 6.25)	g	33.68	4.525	11	28.63	57.12	84.03
Total lipid (fat)	g	6.36	0.820	11	5.41	10.79	15.87
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.39	0.238	7	2.03	4.05	5.96
Minerals:							
Calcium	mg	32	2.113	7	27	54	80
Iron	mg	3.86	0.199	7	3.28	6.55	9.63
Magnesium	mg	30	0.358	7	25	51	75
Phosphorus	mg	263	3.228	7	224	446	656
Potassium	mg	447	5.798	7	380	758	1,115
Sodium	mg	64			54	109	160
Zinc	mg	10.49	0.501	7	8.92	17.79	26.17
Copper	mg	0.172	0.014	7	0.146	0.292	0.429
Manganese	mg	0.020			0.017	0.034	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.14	0.002	7	0.12	0.23	0.34
Riboflavin	mg	0.21	0.017	7	0.18	0.36	0.53
Niacin	mg	5.89	0.378	7	5.01	9.99	14.70
Pantothenic acid	mg	0.41			0.35	0.69	1.02
Vitamin B-6	mg	0.37	0.017	7	0.31	0.63	0.92
Folate	mcg	10			8	17	25
Vitamin B-12	mcg	3.79			3.22	6.43	9.46
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.29			1.94	3.88	5.71
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.18			0.15	0.31	0.45
16:0	g	1.35			1.15	2.30	3.38
18:0	g	0.61			0.52	1.04	1.53
Monounsaturated, total	g	2.86			2.43	4.85	7.13
16:1	g	0.31			0.26	0.53	0.78
18:1	g	2.41			2.05	4.08	6.01
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.21			0.18	0.36	0.53
18:2	g	0.17			0.14	0.29	0.43
18:3	g	0.01			0.01	0.02	0.03
18:4	g						
20:4	g	0.03			0.03	0.05	0.08
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78	5.915	7	66	132	195
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.377			0.321	0.640	0.941
Threonine	g	1.471			1.251	2.495	3.671
Isoleucine	g	1.514			1.287	2.568	3.778
Leucine	g	2.662			2.263	4.515	6.642
Lysine	g	2.802			2.382	4.753	6.992
Methionine	g	0.862			0.733	1.462	2.151
Cystine	g	0.377			0.321	0.640	0.941
Phenylalanine	g	1.315			1.118	2.230	3.281
Tyrosine	g	1.132			0.962	1.919	2.824
Valine	g	1.638			1.393	2.778	4.087
Arginine	g	2.129			1.809	3.610	5.311
Histidine	g	1.153			0.980	1.956	2.877
Alanine	g	2.032			1.727	3.446	5.069
Aspartic acid	g	3.077			2.616	5.219	7.677
Glutamic acid	g	5.060			4.301	8.582	12.625
Glycine	g	1.838			1.562	3.117	4.585
Proline	g	1.487			1.264	2.523	3.711
Serine	g	1.288			1.095	2.184	3.213

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, SHORT LOIN, PORTERHOUSE STEAK, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.37			269.28	16.83	223.45
Food energy	kcal	271			1,230	77	1,021
	kJ	1,135			5,149	322	4,273
Protein (N x 6.25)	g	17.68			80.20	5.01	66.55
Total lipid (fat)	g	21.70			98.41	6.15	81.66
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.78			3.53	0.22	2.93
Minerals:[1]							
Calcium	mg	6			28	2	23
Iron	mg	1.76			8.00	0.50	6.64
Magnesium	mg	19			84	5	70
Phosphorus	mg	173			786	49	652
Potassium	mg	295			1,340	84	1,112
Sodium	mg	49			224	14	185
Zinc	mg	3.07			13.95	0.87	11.57
Copper	mg	0.075			0.341	0.021	0.283
Manganese	mg	0.012			0.056	0.003	0.046
Vitamins:[1]							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.45	0.03	0.37
Riboflavin	mg	0.17			0.75	0.05	0.63
Niacin	mg	3.43			15.55	0.97	12.91
Pantothenic acid	mg	0.30			1.34	0.08	1.12
Vitamin B-6	mg	0.36			1.66	0.10	1.37
Folate	mcg	6			28	2	23
Vitamin B-12	mcg	2.65			12.04	0.75	9.99
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	8.93			40.50	2.53	33.61
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.31	0.02	0.26
12:0	g	0.05			0.21	0.01	0.17
14:0	g	0.69			3.13	0.20	2.60
16:0	g	5.29			23.99	1.50	19.91
18:0	g	2.68			12.15	0.76	10.09
Monounsaturated, total	g	9.40			42.63	2.66	35.37
16:1	g	1.05			4.76	0.30	3.95
18:1	g	8.22			37.27	2.33	30.92
20:1	g	0.03			0.15	0.01	0.12
22:1	g						
Polyunsaturated, total	g	0.81			3.69	0.23	3.06
18:2	g	0.52			2.37	0.15	1.97
18:3	g	0.25			1.14	0.07	0.94
18:4	g						
20:4	g	0.03			0.14	0.01	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			311	19	258
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.198			0.898	0.056	0.745
Threonine	g	0.772			3.503	0.219	2.907
Isoleucine	g	0.795			3.606	0.225	2.992
Leucine	g	1.397			6.339	0.396	5.260
Lysine	g	1.471			6.672	0.417	5.537
Methionine	g	0.453			2.053	0.128	1.704
Cystine	g	0.198			0.898	0.056	0.745
Phenylalanine	g	0.690			3.131	0.196	2.598
Tyrosine	g	0.594			2.695	0.168	2.236
Valine	g	0.860			3.901	0.244	3.237
Arginine	g	1.117			5.068	0.317	4.206
Histidine	g	0.605			2.746	0.172	2.279
Alanine	g	1.066			4.837	0.302	4.014
Aspartic acid	g	1.615			7.327	0.458	6.080
Glutamic acid	g	2.656			12.049	0.753	9.998
Glycine	g	0.965			4.375	0.273	3.631
Proline	g	0.781			3.541	0.221	2.939
Serine	g	0.676			3.067	0.192	2.545

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[1] Values based on data for beef, tenderloin and top loin.

BEEF, SHORT LOIN, PORTERHOUSE STEAK, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 254 g[1]	Refuse: Bone 23%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	51.74			43.98	131.42	180.01
Food energy	*kcal*	305			260	776	1,063
	kJ	1,279			1,087	3,248	4,449
Protein (N x 6.25)	*g*	24.84			21.11	63.08	86.40
Total lipid (fat)	*g*	22.11			18.79	56.16	76.92
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.09			0.93	2.77	3.79
Minerals:[2]							
Calcium	*mg*	8			7	21	29
Iron	*mg*	2.63			2.24	6.68	9.15
Magnesium	*mg*	25			21	63	86
Phosphorus	*mg*	187			159	475	650
Potassium	*mg*	352			299	895	1,226
Sodium	*mg*	61			52	156	213
Zinc	*mg*	4.64			3.94	11.79	16.14
Copper	*mg*	0.124			0.106	0.316	0.433
Manganese	*mg*	0.013			0.011	0.034	0.047
Vitamins:[2]							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.08	0.24	0.33
Riboflavin	*mg*	0.22			0.18	0.55	0.75
Niacin	*mg*	4.05			3.44	10.28	14.08
Pantothenic acid	*mg*	0.31			0.26	0.77	1.06
Vitamin B-6	*mg*	0.35			0.30	0.89	1.22
Folate	*mcg*	7			6	18	25
Vitamin B-12	*mcg*	2.15			1.82	5.45	7.47
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	*g*	8.91			7.58	22.64	31.01
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.06			0.05	0.15	0.21
12:0	*g*	0.06			0.05	0.14	0.19
14:0	*g*	0.68			0.58	1.73	2.37
16:0	*g*	5.34			4.54	13.56	18.57
18:0	*g*	2.59			2.20	6.57	9.00
Monounsaturated, total	*g*	9.29			7.90	23.61	32.33
16:1	*g*	0.86			0.73	2.17	2.98
18:1	*g*	8.28			7.04	21.04	28.82
20:1	*g*	0.03			0.03	0.08	0.11
22:1	*g*						
Polyunsaturated, total	*g*	0.83			0.71	2.11	2.89
18:2	*g*	0.55			0.47	1.40	1.92
18:3	*g*	0.22			0.19	0.56	0.77
18:4	*g*						
20:4	*g*	0.04			0.03	0.10	0.14
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	83			70	210	288
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.278			0.236	0.707	0.968
Threonine	*g*	1.085			0.922	2.755	3.774
Isoleucine	*g*	1.117			0.949	2.836	3.885
Leucine	*g*	1.963			1.669	4.986	6.829
Lysine	*g*	2.066			1.756	5.248	7.189
Methionine	*g*	0.636			0.540	1.615	2.212
Cystine	*g*	0.278			0.236	0.707	0.968
Phenylalanine	*g*	0.970			0.824	2.463	3.373
Tyrosine	*g*	0.834			0.709	2.120	2.903
Valine	*g*	1.208			1.027	3.068	4.203
Arginine	*g*	1.570			1.334	3.987	5.461
Histidine	*g*	0.850			0.723	2.160	2.958
Alanine	*g*	1.498			1.273	3.805	5.212
Aspartic acid	*g*	2.269			1.929	5.763	7.894
Glutamic acid	*g*	3.731			3.172	9.477	12.981
Glycine	*g*	1.355			1.152	3.442	4.714
Proline	*g*	1.097			0.932	2.786	3.815
Serine	*g*	0.950			0.807	2.412	3.304

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[1] Raw weight includes refuse; cooked weight excludes refuse.

[2] Values based on data for beef, tenderloin and top loin.

BEEF, SHORT LOIN, PORTERHOUSE STEAK, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	yields 206 g[1]	Refuse: Bone 27% Separable fat 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.52	0.816	4	50.59	122.61	168.20
Food energy	kcal	218			185	448	615
	kJ	911			775	1,877	2,575
Protein (N x 6.25)	g	28.16	0.413	4	23.94	58.01	79.59
Total lipid (fat)	g	10.80	0.414	4	9.18	22.25	30.52
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.24			1.05	2.55	3.50
Minerals:[2]							
Calcium	mg	7			6	14	20
Iron	mg	3.00			2.55	6.18	8.48
Magnesium	mg	29			25	60	82
Phosphorus	mg	213			181	439	602
Potassium	mg	407			346	838	1,150
Sodium	mg	66			56	136	187
Zinc	mg	5.40			4.59	11.12	15.26
Copper	mg	0.143			0.122	0.295	0.404
Manganese	mg	0.015			0.013	0.031	0.042
Vitamins:[2]							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.09	0.23	0.31
Riboflavin	mg	0.25			0.21	0.51	0.70
Niacin	mg	4.63			3.94	9.54	13.09
Pantothenic acid	mg	0.34			0.29	0.70	0.96
Vitamin B-6	mg	0.40			0.34	0.82	1.13
Folate	mcg	8			7	16	23
Vitamin B-12	mcg	2.27			1.93	4.68	6.42
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids							
Saturated, total	g	4.32			3.67	8.90	12.21
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.29			0.25	0.60	0.82
16:0	g	2.42			2.06	4.99	6.84
18:0	g	1.35			1.15	2.78	3.82
Monounsaturated, total	g	4.33			3.68	8.92	12.24
16:1	g	0.32			0.27	0.66	0.90
18:1	g	3.86			3.28	7.95	10.91
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.40			0.34	0.82	1.13
18:2	g	0.30			0.26	0.62	0.85
18:3	g	0.03			0.03	0.06	0.08
18:4	g						
20:4	g	0.05			0.04	0.10	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	165	226
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.315			0.268	0.650	0.891
Threonine	g	1.230			1.046	2.534	3.476
Isoleucine	g	1.266			1.076	2.608	3.578
Leucine	g	2.226			1.892	4.585	6.291
Lysine	g	2.343			1.992	4.827	6.622
Methionine	g	0.721			0.613	1.485	2.037
Cystine	g	0.315			0.268	0.650	0.891
Phenylalanine	g	1.099			0.935	2.265	3.107
Tyrosine	g	0.946			0.804	1.949	2.674
Valine	g	1.370			1.164	2.822	3.871
Arginine	g	1.780			1.513	3.667	5.030
Histidine	g	0.964			0.820	1.986	2.725
Alanine	g	1.699			1.444	3.499	4.801
Aspartic acid	g	2.573			2.187	5.300	7.271
Glutamic acid	g	4.231			3.596	8.716	11.957
Glycine	g	1.537			1.306	3.165	4.342
Proline	g	1.244			1.057	2.562	3.515
Serine	g	1.077			0.915	2.218	3.043

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[1] Raw weight includes refuse; cooked weight excludes refuse.
[2] Values based on data for beef, tenderloin and top loin.

BEEF, SHORT LOIN, T-BONE STEAK, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Bone 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.23			268.68	16.76	209.57
Food energy	kcal	272			1,235	77	963
	kJ	1,140			5,171	323	4,033
Protein (N x 6.25)	g	17.60			79.84	4.98	62.27
Total lipid (fat)	g	21.86			99.15	6.19	77.34
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.78			3.53	0.22	2.76
Minerals:[1]							
Calcium	mg	6			28	2	22
Iron	mg	1.76			8.00	0.50	6.24
Magnesium	mg	19			84	5	66
Phosphorus	mg	163			740	46	577
Potassium	mg	295			1,340	84	1,045
Sodium	mg	49			224	14	174
Zinc	mg	3.07			13.95	0.87	10.88
Copper	mg	0.075			0.341	0.021	0.266
Manganese	mg	0.012			0.056	0.003	0.043
Vitamins:[1]							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.45	0.03	0.35
Riboflavin	mg	0.17			0.75	0.05	0.59
Niacin	mg	3.43			15.55	0.97	12.13
Pantothenic acid	mg	0.30			1.34	0.08	1.05
Vitamin B-6	mg	0.36			1.66	0.10	1.29
Folate	mcg	6			28	2	22
Vitamin B-12	mcg	2.65			12.04	0.75	9.39
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[1]							
Fatty acids:							
Saturated, total	g	8.99			40.78	2.54	31.81
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.31	0.02	0.24
12:0	g	0.05			0.21	0.01	0.16
14:0	g	0.70			3.16	0.20	2.47
16:0	g	5.33			24.17	1.51	18.85
18:0	g	2.70			12.26	0.76	9.56
Monounsaturated, total	g	9.47			42.94	2.68	33.49
16:1	g	1.06			4.79	0.30	3.74
18:1	g	8.28			37.54	2.34	29.28
20:1	g	0.03			0.15	0.01	0.11
22:1	g						
Polyunsaturated, total	g	0.82			3.72	0.23	2.90
18:2	g	0.53			2.41	0.15	1.88
18:3	g	0.25			1.14	0.07	0.89
18:4	g						
20:4	g	0.03			0.14	0.01	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			311	19	243
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.197			0.894	0.056	0.697
Threonine	g	0.769			3.487	0.218	2.720
Isoleucine	g	0.791			3.590	0.224	2.800
Leucine	g	1.391			6.311	0.394	4.922
Lysine	g	1.464			6.643	0.414	5.181
Methionine	g	0.451			2.044	0.128	1.594
Cystine	g	0.197			0.894	0.056	0.697
Phenylalanine	g	0.687			3.117	0.194	2.431
Tyrosine	g	0.591			2.683	0.167	2.092
Valine	g	0.856			3.883	0.242	3.029
Arginine	g	1.112			5.046	0.315	3.936
Histidine	g	0.603			2.734	0.171	2.132
Alanine	g	1.062			4.816	0.300	3.756
Aspartic acid	g	1.608			7.294	0.455	5.689
Glutamic acid	g	2.644			11.995	0.748	9.356
Glycine	g	0.960			4.356	0.272	3.398
Proline	g	0.777			3.526	0.220	2.750
Serine	g	0.673			3.053	0.190	2.381

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[1] Values based on data for beef, tenderloin and top loin.

BEEF, SHORT LOIN, T-BONE STEAK, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 254 g[1]	Refuse: Bone 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.78			44.84	129.26	174.68
Food energy	kcal	298			253	729	985
	kJ	1,246			1,059	3,052	4,124
Protein (N x 6.25)	g	24.98			21.24	61.21	82.72
Total lipid (fat)	g	21.16			17.99	51.85	70.07
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.10			0.93	2.69	3.63
Minerals:[2]							
Calcium	mg	8			7	20	27
Iron	mg	2.65			2.25	6.49	8.78
Magnesium	mg	25			21	61	82
Phosphorus	mg	184			157	451	610
Potassium	mg	355			302	870	1,176
Sodium	mg	61			52	151	204
Zinc	mg	4.68			3.98	11.47	15.50
Copper	mg	0.125			0.107	0.307	0.415
Manganese	mg	0.014			0.012	0.033	0.045
Vitamins:[2]							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.24	0.32
Riboflavin	mg	0.22			0.19	0.53	0.72
Niacin	mg	4.08			3.47	9.99	13.50
Pantothenic acid	mg	0.30			0.26	0.74	0.99
Vitamin B-6	mg	0.34			0.25	0.85	1.14
Folate	mcg	7			6	17	24
Vitamin B-12	mcg	2.15			1.83	5.27	7.13
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	8.54			7.25	20.91	28.26
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.14	0.19
12:0	g	0.05			0.05	0.13	0.18
14:0	g	0.65			0.55	1.60	2.16
16:0	g	5.10			4.34	12.50	16.89
18:0	g	2.47			2.10	6.06	8.19
Monounsaturated, total	g	8.89			7.56	21.79	29.45
16:1	g	0.81			0.69	1.99	2.69
18:1	g	7.93			6.74	19.43	26.25
20:1	g	0.03			0.03	0.07	0.10
22:1	g						
Polyunsaturated, total	g	0.80			0.68	1.96	2.64
18:2	g	0.53			0.45	1.30	1.75
18:3	g	0.21			0.18	0.52	0.70
18:4	g						
20:4	g	0.04			0.03	0.10	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			70	203	274
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.280			0.238	0.686	0.927
Threonine	g	1.091			0.928	2.674	3.613
Isoleucine	g	1.123			0.955	2.752	3.719
Leucine	g	1.975			1.679	4.838	6.538
Lysine	g	2.079			1.767	5.093	6.883
Methionine	g	0.640			0.544	1.567	2.118
Cystine	g	0.280			0.238	0.686	0.927
Phenylalanine	g	0.975			0.829	2.390	3.230
Tyrosine	g	0.839			0.714	2.057	2.780
Valine	g	1.215			1.033	2.977	4.024
Arginine	g	1.579			1.342	3.869	5.228
Histidine	g	0.855			0.727	2.096	2.832
Alanine	g	1.507			1.281	3.692	4.990
Aspartic acid	g	2.283			1.940	5.592	7.558
Glutamic acid	g	3.754			3.191	9.197	12.428
Glycine	g	1.363			1.159	3.340	4.513
Proline	g	1.103			0.938	2.703	3.653
Serine	g	0.955			0.812	2.341	3.163

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[1] Raw weight includes refuse; cooked weight excludes refuse.

[2] Values based on data for beef, tenderloin and top loin.

BEEF, SHORTLOIN, T-BONE STEAK, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight[1]: 3 oz = 85 g	1 lb raw yields 201 g[1]	Refuse: Bone 13% Seperable fat 27%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.26	0.736	4	51.22	121.36	164.03
Food energy	kcal	214			182	430	582
	kJ	894			760	1,801	2,435
Protein (N x 6.25)	g	28.13	0.419	4	23.91	56.66	76.57
Total lipid (fat)	g	10.37	0.331	4	8.81	20.89	28.23
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.24			1.05	2.50	3.38
Minerals:[2]							
Calcium	mg	7			6	14	19
Iron	mg	3.00			2.55	6.04	8.17
Magnesium	mg	29			25	58	79
Phosphorus	mg	208			177	419	566
Potassium	mg	407			346	820	1,108
Sodium	mg	66			56	133	180
Zinc	mg	5.40			4.59	10.88	14.70
Copper	mg	0.143			0.122	0.288	0.389
Manganese	mg	0.015			0.013	0.030	0.041
Vitamins:[2]							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.09	0.22	0.30
Riboflavin	mg	0.25			0.21	0.50	0.67
Niacin	mg	4.63			3.94	9.33	12.61
Pantothenic acid	mg	0.33			0.28	0.67	0.91
Vitamin B-6	mg	0.39			0.33	0.79	1.06
Folate	mcg	8			7	16	22
Vitamin B-12	mcg	2.27			1.93	4.57	6.18
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:[2]							
Fatty acids:							
Saturated, total	g	4.15			3.53	8.36	11.30
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.03
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.28			0.24	0.56	0.76
16:0	g	2.32			1.97	4.68	6.32
18:0	g	1.29			1.10	2.60	3.51
Monounsaturated, total	g	4.16			3.54	8.38	11.33
16:1	g	0.30			0.26	0.60	0.82
18:1	g	3.71			3.16	7.48	10.10
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.39			0.33	0.79	1.06
18:2	g	0.29			0.25	0.58	0.79
18:3	g	0.03			0.03	0.06	0.08
18:4	g						
20:4	g	0.05			0.04	0.10	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	80			68	161	218
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.315			0.266	0.635	0.858
Threonine	g	1.229			1.044	2.475	3.345
Isoleucine	g	1.265			1.075	2.547	3.443
Leucine	g	2.223			1.890	4.478	6.052
Lysine	g	2.341			.989	4.714	6.371
Methionine	g	0.720			0.612	1.450	1.960
Cystine	g	0.315			0.268	0.635	0.858
Phenylalanine	g	1.098			0.934	2.212	2.989
Tyrosine	g	0.945			0.803	1.904	2.573
Valine	g	1.368			1.163	2.756	3.725
Arginine	g	1.778			1.511	3.581	4.839
Histidine	g	0.963			0.819	1.940	2.622
Alanine	g	1.697			1.442	3.418	4.619
Aspartic acid	g	2.570			2.185	5.176	6.996
Glutamic acid	g	4.226			3.592	8.512	11.504
Glycine	g	1.535			1.305	3.091	4.178
Proline	g	1.242			1.056	2.502	3.381
Serine	g	1.076			0.914	2.167	2.928

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[1] Raw weight includes refuse; cooked weight excludes refuse.
[2] Values based on data for beef, tenderloin and top loin.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat
All grades, raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 raw steak yields 238 g[1]	Refuse: Connective tissue 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.78			275.71	144.66	250.91
Food energy	kcal	243			1,101	578	1,002
	kJ	1,016			4,610	2,419	4,196
Protein (N x 6.25)	g	19.00			86.19	45.22	78.43
Total lipid (fat)	g	17.92			81.30	42.66	73.99
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.77			3.51	1.84	3.20
Minerals:							
Calcium	mg	6			27	14	25
Iron	mg	1.58			7.19	3.77	6.54
Magnesium	mg	18			83	44	76
Phosphorus	mg	163			738	387	672
Potassium	mg	295			1,339	703	1,219
Sodium	mg	53			242	127	220
Zinc	mg	3.14			14.24	7.47	12.96
Copper	mg	0.069			0.315	0.165	0.287
Manganese	mg	0.012			0.057	0.030	0.052
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.39	0.21	0.36
Riboflavin	mg	0.14			0.62	0.32	0.56
Niacin	mg	3.88			17.58	9.23	16.00
Pantothenic acid	mg	0.32			1.45	0.76	1.32
Vitamin B-6	mg	0.39			1.76	0.93	1.60
Folate	mcg	6			28	15	26
Vitamin B-12	mcg	2.75			12.46	6.54	11.34
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.29			33.05	17.34	30.07
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.27	0.14	0.24
12:0	g	0.04			0.18	0.09	0.16
14:0	g	0.58			2.65	1.39	2.41
16:0	g	4.42			20.05	10.52	18.24
18:0	g	2.18			9.90	5.19	9.01
Monounsaturated, total	g	7.78			35.30	18.52	32.12
16:1	g	0.90			4.06	2.13	3.70
18:1	g	6.86			31.11	16.32	28.31
20:1	g	0.03			0.13	0.07	0.11
22:1	g						
Polyunsaturated, total	g	0.64			2.92	1.53	2.66
18:2	g	0.41			1.88	0.98	1.71
18:3	g	0.21			0.95	0.50	0.87
18:4	g						
20:4	g	0.02			0.09	0.05	0.09
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			302	159	275
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.213			0.965	0.506	0.878
Threonine	g	0.830			3.765	1.975	3.426
Isoleucine	g	0.854			3.875	2.033	3.526
Leucine	g	1.502			6.812	3.574	6.199
Lysine	g	1.581			7.171	3.762	6.526
Methionine	g	0.486			2.206	1.158	2.008
Cystine	g	0.213			0.965	0.506	0.878
Phenylalanine	g	0.742			3.365	1.765	3.062
Tyrosine	g	0.638			2.896	1.519	2.635
Valine	g	0.924			4.192	2.200	3.815
Arginine	g	1.201			5.447	2.858	4.957
Histidine	g	0.651			2.951	1.548	2.686
Alanine	g	1.146			5.199	2.728	4.731
Aspartic acid	g	1.736			7.874	4.131	7.166
Glutamic acid	g	2.855			12.949	6.794	11.784
Glycine	g	1.037			4.702	2.467	4.279
Proline	g	0.839			3.806	1.997	3.464
Serine	g	0.727			3.296	1.729	2.999

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 178 g[1]	Refuse: Connective tissue 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	52.79			44.87	93.97	217.93
Food energy	*kcal*	287			244	512	1,186
	kJ	1,203			1,023	2,141	4,966
Protein (N x 6.25)	*g*	25.56			21.73	45.50	105.53
Total lipid (fat)	*g*	19.76			16.79	35.17	81.56
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.05			0.89	1.86	4.32
Minerals:							
Calcium	*mg*	9			8	16	37
Iron	*mg*	2.23			1.90	3.97	9.21
Magnesium	*mg*	23			20	42	97
Phosphorus	*mg*	194			165	345	800
Potassium	*mg*	349			297	621	1,440
Sodium	*mg*	63			54	113	262
Zinc	*mg*	4.57			3.89	8.14	18.87
Copper	*mg*	0.096			0.082	0.172	0.398
Manganese	*mg*	0.014			0.012	0.026	0.060
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.14	0.33
Riboflavin	*mg*	0.18			0.15	0.32	0.74
Niacin	*mg*	4.70			3.99	8.36	19.39
Pantothenic acid	*mg*	0.33			0.28	0.59	1.36
Vitamin B-6	*mg*	0.37			0.32	0.66	1.54
Folate	*mcg*	7			6	13	30
Vitamin B-12	*mcg*	1.94			1.65	3.46	7.99
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	7.82			6.65	13.92	32.29
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.05			0.04	0.08	0.19
12:0	*g*	0.05			0.04	0.09	0.21
14:0	*g*	0.63			0.53	1.12	2.59
16:0	*g*	4.79			4.07	8.53	19.79
18:0	*g*	2.31			1.96	4.10	9.52
Monounsaturated, total	*g*	8.31			7.06	14.79	34.31
16:1	*g*	0.79			0.67	1.40	3.25
18:1	*g*	7.49			6.37	13.34	30.94
20:1	*g*	0.03			0.02	0.05	0.12
22:1	*g*						
Polyunsaturated, total	*g*	0.71			0.60	1.26	2.91
18:2	*g*	0.48			0.40	0.85	1.97
18:3	*g*	0.19			0.17	0.35	0.80
18:4	*g*						
20:4	*g*	0.03			0.03	0.06	0.14
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	79			67	141	327
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.286			0.243	0.510	1.182
Threonine	*g*	1.117			0.949	1.988	4.609
Isoleucine	*g*	1.149			0.977	2.046	4.745
Leucine	*g*	2.021			1.717	3.597	8.341
Lysine	*g*	2.127			1.808	3.786	8.780
Methionine	*g*	0.654			0.556	1.165	2.702
Cystine	*g*	0.286			0.243	0.510	1.182
Phenylalanine	*g*	0.998			0.848	1.776	4.120
Tyrosine	*g*	0.859			0.730	1.529	3.546
Valine	*g*	1.243			1.057	2.213	5.133
Arginine	*g*	1.616			1.373	2.876	6.669
Histidine	*g*	0.875			0.744	1.558	3.613
Alanine	*g*	1.542			1.311	2.745	6.365
Aspartic acid	*g*	2.336			1.985	4.157	9.641
Glutamic acid	*g*	3.841			3.265	6.837	15.855
Glycine	*g*	1.395			1.186	2.483	5.758
Proline	*g*	1.129			0.960	2.009	4.660
Serine	*g*	0.978			0.831	1.740	4.035

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 155 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.95			50.11	91.37	262.04
Food energy	kcal	212			181	329	944
	kJ	889			756	1,378	3,953
Protein (N x 6.25)	g	28.08			23.87	43.52	124.81
Total lipid (fat)	g	10.26			8.72	15.90	45.60
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.15			0.98	1.78	5.10
Minerals:							
Calcium	mg	8			7	13	36
Iron	mg	2.43			2.06	3.76	10.79
Magnesium	mg	26			22	41	117
Phosphorus	mg	214			182	331	950
Potassium	mg	388			330	601	1,723
Sodium	mg	67			57	104	299
Zinc	mg	5.11			4.34	7.91	22.69
Copper	mg	0.105			0.089	0.163	0.467
Manganese	mg	0.016			0.013	0.024	0.070
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.14	0.39
Riboflavin	mg	0.19			0.17	0.30	0.87
Niacin	mg	5.23			4.44	8.10	23.24
Pantothenic acid	mg	0.36			0.31	0.56	1.60
Vitamin B-6	mg	0.41			0.35	0.64	1.83
Folate	mcg	8			7	12	35
Vitamin B-12	mcg	1.99			1.69	3.08	8.84
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.96			3.37	6.14	17.62
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.04
12:0	g	0.02			0.01	0.03	0.07
14:0	g	0.31			0.26	0.48	1.37
16:0	g	2.38			2.03	3.69	10.60
18:0	g	1.25			1.06	1.93	5.55
Monounsaturated, total	g	4.19			3.56	6.49	18.61
16:1	g	0.36			0.30	0.56	1.59
18:1	g	3.82			3.25	5.93	16.99
20:1	g	0.01			0.00	0.01	0.02
22:1	g						
Polyunsaturated, total	g	0.34			0.29	0.53	1.53
18:2	g	0.26			0.22	0.40	1.15
18:3	g	0.05			0.04	0.08	0.22
18:4	g						
20:4	g	0.04			0.03	0.06	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	77			65	119	340
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.487	1.398
Threonine	g	1.227			1.043	1.901	5.452
Isoleucine	g	1.262			1.073	1.957	5.612
Leucine	g	2.219			1.887	3.440	9.865
Lysine	g	2.336			1.986	3.621	10.385
Methionine	g	0.719			0.611	1.114	3.195
Cystine	g	0.314			0.267	0.487	1.398
Phenylalanine	g	1.096			0.932	1.699	4.873
Tyrosine	g	0.943			0.802	1.462	4.194
Valine	g	1.366			1.161	2.117	6.071
Arginine	g	1.775			1.508	2.751	7.888
Histidine	g	0.961			0.817	1.490	4.274
Alanine	g	1.694			1.440	2.625	7.529
Aspartic acid	g	2.565			2.181	3.976	11.403
Glutamic acid	g	4.219			3.586	6.539	18.752
Glycine	g	1.532			1.302	2.375	6.810
Proline	g	1.240			1.054	1.922	5.512
Serine	g	1.074			0.913	1.664	4.773

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[1] One raw steak with refuse weighs 223 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 raw steak yields 235 g[1]	Refuse: Connective tissue 10%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.31			269.02	139.37	242.09
Food energy	kcal	260			1,179	611	1,061
	kJ	1,088			4,935	2,557	4,441
Protein (N x 6.25)	g	18.73			84.98	44.03	76.47
Total lipid (fat)	g	19.94			90.46	46.87	81.41
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.76			3.46	1.79	3.11
Minerals:							
Calcium	mg	6			27	14	25
Iron	mg	1.56			7.09	3.67	6.38
Magnesium	mg	18			82	42	74
Phosphorus	mg	160			728	377	655
Potassium	mg	290			1,313	680	1,182
Sodium	mg	53			239	124	215
Zinc	mg	3.09			14.00	7.25	12.60
Copper	mg	0.069			0.311	0.161	0.280
Manganese	mg	0.012			0.056	0.029	0.050
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.39	0.20	0.35
Riboflavin	mg	0.13			0.61	0.32	0.55
Niacin	mg	3.82			17.31	8.97	15.57
Pantothenic acid	mg	0.31			1.43	0.74	1.28
Vitamin B-6	mg	0.38			1.74	0.90	1.56
Folate	mcg	6			28	14	25
Vitamin B-12	mcg	2.72			12.32	6.38	11.09
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.10			36.75	19.04	33.07
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.30	0.15	0.27
12:0	g	0.04			0.20	0.10	0.18
14:0	g	0.65			2.95	1.53	2.65
16:0	g	4.92			22.30	11.55	20.07
18:0	g	2.43			11.01	5.70	9.91
Monounsaturated, total	g	8.66			39.27	20.34	35.34
16:1	g	0.99			4.51	2.34	4.06
18:1	g	7.63			34.62	17.94	31.15
20:1	g	0.03			0.14	0.07	0.13
22:1	g						
Polyunsaturated, total	g	0.72			3.25	1.68	2.93
18:2	g	0.46			2.09	1.08	1.88
18:3	g	0.23			1.05	0.55	0.95
18:4	g						
20:4	g	0.02			0.11	0.05	0.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			306	158	275
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.210			0.952	0.493	0.857
Threonine	g	0.818			3.712	1.923	3.340
Isoleucine	g	0.842			3.821	1.979	3.438
Leucine	g	1.481			6.717	3.480	6.044
Lysine	g	1.559			7.070	3.663	6.363
Methionine	g	0.480			2.175	1.127	1.958
Cystine	g	0.210			0.952	0.493	0.857
Phenylalanine	g	0.731			3.318	1.719	2.986
Tyrosine	g	0.629			2.855	1.479	2.570
Valine	g	0.911			4.133	2.141	3.720
Arginine	g	1.184			5.371	2.782	4.833
Histidine	g	0.641			2.910	1.507	2.618
Alanine	g	1.130			5.126	2.656	4.613
Aspartic acid	g	1.712			7.764	4.022	6.987
Glutamic acid	g	2.815			12.767	6.614	11.489
Glycine	g	1.022			4.636	2.402	4.172
Proline	g	0.827			3.753	1.944	3.377
Serine	g	0.716			3.250	1.684	2.924

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 180 g[1]	Refuse: Connective tissue 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	51.93			44.14	93.47	216.70
Food energy	*kcal*	298			253	536	1,242
	kJ	1,246			1,059	2,243	5,200
Protein (N x 6.25)	*g*	25.38			21.58	45.69	105.93
Total lipid (fat)	*g*	20.98			17.83	37.77	87.56
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.04			0.88	1.87	4.34
Minerals:							
Calcium	*mg*	9			8	16	38
Iron	*mg*	2.22			1.88	3.99	9.25
Magnesium	*mg*	23			20	42	97
Phosphorus	*mg*	192			164	346	803
Potassium	*mg*	346			294	623	1,444
Sodium	*mg*	63			54	114	263
Zinc	*mg*	4.53			3.85	8.16	18.91
Copper	*mg*	0.096			0.081	0.173	0.400
Manganese	*mg*	0.014			0.012	0.026	0.060
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.14	0.33
Riboflavin	*mg*	0.18			0.15	0.32	0.75
Niacin	*mg*	4.66			3.96	8.39	19.44
Pantothenic acid	*mg*	0.33			0.28	0.59	1.37
Vitamin B-6	*mg*	0.37			0.31	0.67	1.54
Folate	*mcg*	7			6	13	30
Vitamin B-12	*mcg*	1.93			1.64	3.48	8.06
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	8.31			7.06	14.95	34.66
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.05			0.04	0.09	0.20
12:0	*g*	0.05			0.05	0.10	0.23
14:0	*g*	0.67			0.57	1.20	2.78
16:0	*g*	5.09			4.33	9.16	21.24
18:0	*g*	2.45			2.08	4.41	10.22
Monounsaturated, total	*g*	8.82			7.50	15.88	36.82
16:1	*g*	0.84			0.71	1.50	3.49
18:1	*g*	7.96			6.76	14.33	33.21
20:1	*g*	0.03			0.03	0.06	0.13
22:1	*g*						
Polyunsaturated, total	*g*	0.75			0.64	1.35	3.13
18:2	*g*	0.51			0.43	0.91	2.11
18:3	*g*	0.21			0.17	0.37	0.86
18:4	*g*						
20:4	*g*	0.04			0.03	0.07	0.16
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	79			68	143	331
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.284			0.242	0.512	1.186
Threonine	*g*	1.109			0.942	1.996	4.627
Isoleucine	*g*	1.141			0.970	2.054	4.763
Leucine	*g*	2.006			1.705	3.611	8.373
Lysine	*g*	2.112			1.795	3.802	8.813
Methionine	*g*	0.650			0.552	1.170	2.712
Cystine	*g*	0.284			0.242	0.512	1.186
Phenylalanine	*g*	0.991			0.842	1.784	4.135
Tyrosine	*g*	0.853			0.725	1.535	3.559
Valine	*g*	1.235			1.049	2.222	5.152
Arginine	*g*	1.604			1.364	2.888	6.695
Histidine	*g*	0.869			0.739	1.564	3.627
Alanine	*g*	1.531			1.302	2.756	6.390
Aspartic acid	*g*	2.319			1.971	4.174	9.678
Glutamic acid	*g*	3.814			3.242	6.865	15.915
Glycine	*g*	1.385			1.177	2.493	5.779
Proline	*g*	1.121			0.953	2.018	4.678
Serine	*g*	0.971			0.825	1.747	4.051

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 155 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.86			49.18	89.69	57.20
Food energy	kcal	228			193	353	1,012
	kJ	953			810	1,477	4,236
Protein (N x 6.25)	g	27.90			23.71	43.24	124.02
Total lipid (fat)	g	12.03			10.22	18.65	53.47
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.14			0.97	1.77	5.07
Minerals:							
Calcium	mg	8			7	13	37
Iron	mg	2.41			2.05	3.74	10.73
Magnesium	mg	26			22	41	116
Phosphorus	mg	212			180	329	944
Potassium	mg	385			327	597	1,711
Sodium	mg	67			57	104	297
Zinc	mg	5.07			4.31	7.85	22.52
Copper	mg	0.105			0.089	0.162	0.465
Manganese	mg	0.016			0.013	0.024	0.070
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.07	0.14	0.39
Riboflavin	mg	0.19			0.16	0.30	0.86
Niacin	mg	5.19			4.41	8.04	23.07
Pantothenic acid	mg	0.36			0.30	0.56	1.59
Vitamin B-6	mg	0.41			0.35	0.63	1.82
Folate	mcg	8			7	12	35
Vitamin B-12	mcg	1.98			1.69	3.08	8.82
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.66			3.96	7.22	20.70
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.02	0.05
12:0	g	0.02			0.02	0.03	0.09
14:0	g	0.36			0.31	0.56	1.61
16:0	g	2.80			2.38	4.35	12.46
18:0	g	1.46			1.24	2.26	6.49
Monounsaturated, total	g	4.92			4.18	7.63	21.87
16:1	g	0.42			0.36	0.66	1.89
18:1	g	4.49			3.82	6.96	19.95
20:1	g	0.01			0.01	0.01	0.03
22:1	g						
Polyunsaturated, total	g	0.41			0.34	0.63	1.80
18:2	g	0.30			0.26	0.47	1.34
18:3	g	0.06			0.05	0.10	0.28
18:4	g						
20:4	g	0.04			0.04	0.06	0.18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	77			65	119	341
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.312			0.266	0.484	1.389
Threonine	g	1.219			1.036	1.889	5.417
Isoleucine	g	1.254			1.066	1.944	5.576
Leucine	g	2.205			1.874	3.418	9.802
Lysine	g	2.321			1.973	3.598	10.318
Methionine	g	0.714			0.607	1.107	3.175
Cystine	g	0.312			0.266	0.484	1.389
Phenylalanine	g	1.089			0.926	1.688	4.842
Tyrosine	g	0.937			0.797	1.453	4.167
Valine	g	1.357			1.153	2.103	6.032
Arginine	g	1.763			1.499	2.733	7.838
Histidine	g	0.955			0.812	1.481	4.246
Alanine	g	1.683			1.430	2.609	7.481
Aspartic acid	g	2.549			2.167	3.951	11.330
Glutamic acid	g	4.192			3.563	6.497	18.632
Glycine	g	1.522			1.294	2.359	6.766
Proline	g	1.232			1.047	1.910	5.477
Serine	g	1.067			0.907	1.654	4.742

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[1] One raw steak with refuse weighs 223 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 raw steak yields 240 g[1]	Refuse: Connective tissue 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.86			280.59	148.46	258.13
Food energy	kcal	230			1,044	552	960
	kJ	963			4,369	2,312	4,019
Protein (N x 6.25)	g	19.13			86.79	45.92	79.85
Total lipid (fat)	g	16.45			74.62	39.48	68.65
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.78			3.54	1.87	3.26
Minerals:							
Calcium	mg	6			27	14	25
Iron	mg	1.59			7.23	3.83	6.65
Magnesium	mg	19			84	45	78
Phosphorus	mg	164			744	393	684
Potassium	mg	298			1,352	715	1,244
Sodium	mg	54			243	129	224
Zinc	mg	3.16			14.36	7.60	13.21
Copper	mg	0.070			0.317	0.168	0.292
Manganese	mg	0.013			0.057	0.030	0.052
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.40	0.21	0.36
Riboflavin	mg	0.14			0.62	0.33	0.57
Niacin	mg	3.91			17.72	9.38	16.30
Pantothenic acid	mg	0.32			1.46	0.77	1.34
Vitamin B-6	mg	0.39			1.78	0.94	1.63
Folate	mcg	6			28	15	26
Vitamin B-12	mcg	2.76			12.54	6.63	11.53
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.70			30.39	16.08	27.96
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.25	0.13	0.23
12:0	g	0.04			0.17	0.09	0.16
14:0	g	0.54			2.44	1.29	2.25
16:0	g	4.06			18.43	9.75	16.95
18:0	g	2.01			9.10	4.82	8.37
Monounsaturated, total	g	7.15			32.41	17.15	29.82
16:1	g	0.83			3.76	1.99	3.46
18:1	g	6.29			28.53	15.10	26.25
20:1	g	0.03			0.12	0.06	0.11
22:1	g						
Polyunsaturated, total	g	0.59			2.68	1.42	2.47
18:2	g	0.38			1.71	0.90	1.57
18:3	g	0.20			0.90	0.48	0.83
18:4	g						
20:4	g	0.02			0.08	0.04	0.07
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66			300	159	276
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.214			0.972	0.514	0.894
Threonine	g	0.836			3.791	2.006	3.488
Isoleucine	g	0.860			3.902	2.065	3.590
Leucine	g	1.512			6.860	3.630	6.311
Lysine	g	1.592			7.221	3.821	6.643
Methionine	g	0.490			2.222	1.176	2.044
Cystine	g	0.214			0.972	0.514	0.894
Phenylalanine	g	0.747			3.388	1.793	3.117
Tyrosine	g	0.643			2.916	1.543	2.683
Valine	g	0.931			4.222	2.234	3.884
Arginine	g	1.209			5.485	2.902	5.046
Histidine	g	0.655			2.972	1.572	2.734
Alanine	g	1.154			5.235	2.770	4.816
Aspartic acid	g	1.748			7.929	4.195	7.295
Glutamic acid	g	2.875			13.039	6.899	11.996
Glycine	g	1.044			4.735	2.505	4.356
Proline	g	0.845			3.833	2.028	3.526
Serine	g	0.732			3.319	1.756	3.053

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 178 g[1]	Refuse: Connective tissue 9%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	54.38			46.22	96.80	224.49
Food energy	*kcal*	266			226	473	1,097
	kJ	1,112			945	1,979	4,591
Protein (N x 6.25)	*g*	25.92			22.03	46.14	107.01
Total lipid (fat)	*g*	17.18			14.60	30.58	70.92
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.06			0.90	1.89	4.38
Minerals:							
Calcium	*mg*	9			8	16	37
Iron	*mg*	2.26			1.92	4.02	9.32
Magnesium	*mg*	24			20	42	98
Phosphorus	*mg*	197			167	350	812
Potassium	*mg*	354			301	631	1,463
Sodium	*mg*	64			54	114	264
Zinc	*mg*	4.65			3.95	8.27	19.18
Copper	*mg*	0.098			0.083	0.174	0.403
Manganese	*mg*	0.015			0.012	0.026	0.060
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.15	0.34
Riboflavin	*mg*	0.18			0.15	0.32	0.75
Niacin	*mg*	4.77			4.06	8.50	19.70
Pantothenic acid	*mg*	0.33			0.28	0.59	1.38
Vitamin B-6	*mg*	0.38			0.32	0.67	1.56
Folate	*mcg*	7			6	13	30
Vitamin B-12	*mcg*	1.94			1.65	3.46	8.02
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	6.80			5.78	12.11	28.09
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.04			0.03	0.07	0.17
12:0	*g*	0.04			0.04	0.08	0.19
14:0	*g*	0.55			0.46	0.97	2.25
16:0	*g*	4.17			3.55	7.43	17.22
18:0	*g*	2.00			1.70	3.56	8.27
Monounsaturated, total	*g*	7.23			6.15	12.87	29.85
16:1	*g*	0.69			0.58	1.22	2.83
18:1	*g*	6.52			5.54	11.60	26.91
20:1	*g*	0.03			0.02	0.05	0.11
22:1	*g*						
Polyunsaturated, total	*g*	0.61			0.52	1.09	2.54
18:2	*g*	0.41			0.35	0.74	1.71
18:3	*g*	0.17			0.15	0.30	0.71
18:4	*g*						
20:4	*g*	0.03			0.03	0.05	0.12
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	79			67	140	325
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.290			0.247	0.517	1.199
Threonine	*g*	1.132			0.962	2.016	4.674
Isoleucine	*g*	1.166			0.991	2.075	4.811
Leucine	*g*	2.049			1.742	3.647	8.458
Lysine	*g*	2.157			1.833	3.839	8.903
Methionine	*g*	0.664			0.564	1.181	2.740
Cystine	*g*	0.290			0.247	0.517	1.199
Phenylalanine	*g*	1.012			0.860	1.801	4.178
Tyrosine	*g*	0.871			0.740	1.550	3.596
Valine	*g*	1.261			1.072	2.244	5.205
Arginine	*g*	1.638			1.393	2.916	6.763
Histidine	*g*	0.888			0.754	1.580	3.664
Alanine	*g*	1.564			1.329	2.783	6.455
Aspartic acid	*g*	2.368			2.013	4.216	9.777
Glutamic acid	*g*	3.895			3.311	6.933	16.077
Glycine	*g*	1.414			1.202	2.518	5.839
Proline	*g*	1.145			0.973	2.038	4.726
Serine	*g*	0.991			0.843	1.765	4.092

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 155 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	59.73			50.77	92.58	265.49
Food energy	*kcal*	199			169	309	886
	kJ	834			709	1,293	3,708
Protein (N x 6.25)	*g*	28.08			23.87	43.52	124.81
Total lipid (fat)	*g*	8.80			7.48	13.64	39.13
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.15			0.98	1.78	5.10
Minerals:							
Calcium	*mg*	8			7	13	36
Iron	*mg*	2.43			2.06	3.76	10.79
Magnesium	*mg*	26			22	41	117
Phosphorus	*mg*	214			182	331	950
Potassium	*mg*	388			330	601	1,723
Sodium	*mg*	67			57	104	299
Zinc	*mg*	5.11			4.34	7.91	22.69
Copper	*mg*	0.105			0.089	0.163	0.467
Manganese	*mg*	0.016			0.013	0.024	0.070
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.09			0.08	0.14	0.39
Riboflavin	*mg*	0.19			0.17	0.30	0.87
Niacin	*mg*	5.23			4.44	8.10	23.24
Pantothenic acid	*mg*	0.36			0.31	0.56	1.60
Vitamin B-6	*mg*	0.41			0.35	0.64	1.83
Folate	*mcg*	8			7	12	35
Vitamin B-12	*mcg*	1.99			1.69	3.08	8.84
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	3.41			2.90	5.28	15.15
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.01	0.04
12:0	*g*	0.01			0.01	0.02	0.07
14:0	*g*	0.27			0.23	0.41	1.18
16:0	*g*	2.05			1.75	3.18	9.13
18:0	*g*	1.07			0.91	1.65	4.74
Monounsaturated, total	*g*	3.60			3.06	5.58	16.01
16:1	*g*	0.31			0.26	0.48	1.38
18:1	*g*	3.29			2.79	5.09	14.60
20:1	*g*	0.01			0.00	0.01	0.02
22:1	*g*						
Polyunsaturated, total	*g*	0.30			0.25	0.46	1.32
18:2	*g*	0.22			0.19	0.34	0.98
18:3	*g*	0.05			0.04	0.07	0.21
18:4	*g*						
20:4	*g*	0.03			0.03	0.05	0.13
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	77			65	119	340
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.314			0.267	0.487	1.398
Threonine	*g*	1.227			1.043	1.901	5.452
Isoleucine	*g*	1.262			1.073	1.957	5.612
Leucine	*g*	2.219			1.887	3.440	9.865
Lysine	*g*	2.336			1.986	3.621	10.385
Methionine	*g*	0.719			0.611	1.114	3.195
Cystine	*g*	0.314			0.267	0.487	1.398
Phenylalanine	*g*	1.096			0.932	1.699	4.873
Tyrosine	*g*	0.943			0.802	1.462	4.194
Valine	*g*	1.366			1.161	2.117	6.071
Arginine	*g*	1.775			1.508	2.751	7.888
Histidine	*g*	0.961			0.817	1.490	4.274
Alanine	*g*	1.694			1.440	2.625	7.529
Aspartic acid	*g*	2.565			2.181	3.976	11.403
Glutamic acid	*g*	4.219			3.586	6.539	18.752
Glycine	*g*	1.532			1.302	2.375	6.810
Proline	*g*	1.240			1.054	1.922	5.512
Serine	*g*	1.074			0.913	1.664	4.773

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[1] One raw steak with refuse weighs 223 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 raw steak yields 247 g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	56.07			254.32	138.48	241.59
Food energy	*kcal*	305			1,385	754	1,316
	kJ	1,278			5,797	3,157	5,507
Protein (N x 6.25)	*g*	18.33			83.17	45.29	79.00
Total lipid (fat)	*g*	25.17			114.16	62.17	108.45
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.74			3.37	1.84	3.20
Minerals:							
Calcium	*mg*	6			28	15	27
Iron	*mg*	1.53			6.95	3.79	6.60
Magnesium	*mg*	17			79	43	75
Phosphorus	*mg*	157			712	388	676
Potassium	*mg*	281			1,275	694	1,211
Sodium	*mg*	52			235	128	223
Zinc	*mg*	3.01			13.64	7.43	12.95
Copper	*mg*	0.067			0.305	0.166	0.290
Manganese	*mg*	0.012			0.055	0.030	0.052
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.38	0.21	0.36
Riboflavin	*mg*	0.13			0.60	0.33	0.57
Niacin	*mg*	3.72			16.89	9.20	16.05
Pantothenic acid	*mg*	0.31			1.39	0.76	1.32
Vitamin B-6	*mg*	0.38			1.70	0.93	1.62
Folate	*mcg*	6			27	15	26
Vitamin B-12	*mcg*	2.67			12.10	6.59	11.50
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	10.33			46.85	25.51	44.51
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.07			0.34	0.18	0.32
12:0	*g*	0.06			0.26	0.14	0.25
14:0	*g*	0.82			3.71	2.02	3.52
16:0	*g*	6.19			28.06	15.28	26.65
18:0	*g*	3.05			13.83	7.53	13.14
Monounsaturated, total	*g*	11.08			50.27	27.37	47.75
16:1	*g*	1.23			5.57	3.03	5.29
18:1	*g*	9.65			43.78	23.84	41.59
20:1	*g*	0.03			0.15	0.08	0.15
22:1	*g*						
Polyunsaturated, total	*g*	0.91			4.13	2.25	3.92
18:2	*g*	0.59			2.69	1.47	2.56
18:3	*g*	0.27			1.23	0.67	1.17
18:4	*g*						
20:4	*g*	0.04			0.17	0.09	0.16
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	69			311	169	296
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.205			0.931	0.507	0.885
Threonine	*g*	0.801			3.633	1.978	3.451
Isoleucine	*g*	0.824			3.739	2.036	3.552
Leucine	*g*	1.449			6.573	3.579	6.244
Lysine	*g*	1.525			6.919	3.768	6.573
Methionine	*g*	0.469			2.129	1.159	2.023
Cystine	*g*	0.205			0.931	0.507	0.885
Phenylalanine	*g*	0.716			3.247	1.768	3.084
Tyrosine	*g*	0.616			2.794	1.522	2.655
Valine	*g*	0.892			4.045	2.203	3.843
Arginine	*g*	1.159			5.256	2.862	4.993
Histidine	*g*	0.628			2.848	1.551	2.705
Alanine	*g*	1.106			5.017	2.732	4.766
Aspartic acid	*g*	1.675			7.598	4.137	7.218
Glutamic acid	*g*	2.755			12.495	6.804	11.870
Glycine	*g*	1.000			4.538	2.471	4.310
Proline	*g*	0.810			3.673	2.000	3.489
Serine	*g*	0.701			3.180	1.732	3.021

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 180 g[1]	Refuse: Connective tissue 8%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	50.18			42.66	90.33	209.41
Food energy	*kcal*	323			275	582	1,349
	kJ	1,353			1,150	2,436	5,647
Protein (N x 6.25)	*g*	25.38			21.58	45.69	105.93
Total lipid (fat)	*g*	23.82			20.25	42.88	99.40
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.04			0.88	1.87	4.34
Minerals:							
Calcium	*mg*	9			8	16	38
Iron	*mg*	2.22			1.88	3.99	9.25
Magnesium	*mg*	23			20	42	97
Phosphorus	*mg*	192			164	346	803
Potassium	*mg*	346			294	623	1,444
Sodium	*mg*	63			54	114	263
Zinc	*mg*	4.53			3.85	8.16	18.91
Copper	*mg*	0.096			0.081	0.173	0.400
Manganese	*mg*	0.014			0.012	0.026	0.060
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.14	0.33
Riboflavin	*mg*	0.18			0.15	0.32	0.75
Niacin	*mg*	4.66			3.96	8.39	19.44
Pantothenic acid	*mg*	0.33			0.28	0.59	1.37
Vitamin B-6	*mg*	0.37			0.31	0.67	1.54
Folate	*mcg*	7			6	13	30
Vitamin B-12	*mcg*	1.93			1.64	3.48	8.06
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	9.60			8.16	17.28	40.05
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.06			0.05	0.10	0.24
12:0	*g*	0.05			0.05	0.10	0.22
14:0	*g*	0.75			0.64	1.35	3.13
16:0	*g*	5.74			4.88	10.33	23.95
18:0	*g*	2.80			2.38	5.04	11.69
Monounsaturated, total	*g*	10.13			8.61	18.23	42.27
16:1	*g*	0.93			0.79	1.67	3.86
18:1	*g*	9.01			7.66	16.22	37.59
20:1	*g*	0.04			0.03	0.07	0.16
22:1	*g*						
Polyunsaturated, total	*g*	0.86			0.73	1.56	3.61
18:2	*g*	0.58			0.49	1.04	2.41
18:3	*g*	0.21			0.18	0.38	0.88
18:4	*g*						
20:4	*g*	0.05			0.04	0.09	0.21
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	79			68	143	331
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.284			0.242	0.512	1.186
Threonine	*g*	1.109			0.942	1.996	4.627
Isoleucine	*g*	1.141			0.970	2.054	4.763
Leucine	*g*	2.006			1.705	3.611	8.373
Lysine	*g*	2.112			1.795	3.802	8.813
Methionine	*g*	0.650			0.552	1.170	2.712
Cystine	*g*	0.284			0.242	0.512	1.186
Phenylalanine	*g*	0.991			0.842	1.784	4.135
Tyrosine	*g*	0.853			0.725	1.535	3.559
Valine	*g*	1.235			1.049	2.222	5.152
Arginine	*g*	1.604			1.364	2.888	6.695
Histidine	*g*	0.869			0.739	1.564	3.627
Alanine	*g*	1.531			1.302	2.756	6.390
Aspartic acid	*g*	2.319			1.971	4.174	9.678
Glutamic acid	*g*	3.814			3.242	6.865	15.915
Glycine	*g*	1.385			1.177	2.493	5.779
Proline	*g*	1.121			0.953	2.018	4.678
Serine	*g*	0.971			0.825	1.747	4.051

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 149 g[1]	Refuse: Connective tissue 9% Separable fat 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.80			50.83	89.10	206.13
Food energy	kcal	207			176	308	713
	kJ	866			737	1,291	2,987
Protein (N x 6.25)	g	28.62	0.632	10	24.33	42.64	98.65
Total lipid (fat)	g	9.40			7.99	14.01	32.40
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17	0.031	10	0.99	1.74	4.03
Minerals:							
Calcium	mg	8	0.787	10	7	12	28
Iron	mg	2.47	0.163	10	2.10	3.68	8.51
Magnesium	mg	27	0.785	10	23	40	93
Phosphorus	mg	218			185	325	751
Potassium	mg	396	10.170	10	337	590	1,365
Sodium	mg	68	7.016	9	58	101	234
Zinc	mg	5.22	0.316	8	4.44	7.78	17.99
Copper	mg	0.107	0.010	8	0.091	0.159	0.369
Manganese	mg	0.016			0.014	0.024	0.055
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09	0.009	10	0.08	0.13	0.31
Riboflavin	mg	0.20	0.009	10	0.17	0.30	0.68
Niacin	mg	5.34	0.362	10	4.54	7.96	18.41
Pantothenic acid	mg	0.37			0.31	0.55	1.26
Vitamin B-6	mg	0.42			0.36	0.63	1.45
Folate	mcg	8	1.383	10	7	12	28
Vitamin B-12	mcg	2.00	0.294	11	1.70	2.98	6.89
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.59			3.05	5.34	12.36
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.01		8	0.01	0.02	0.04
14:0	g	0.27		8	0.23	0.41	0.94
16:0	g	2.14		8	1.81	3.18	7.36
18:0	g	1.17		8	0.99	1.74	4.02
Monounsaturated, total	g	3.78			3.21	5.63	13.01
16:1	g	0.31		8	0.26	0.45	1.05
18:1	g	3.47		8	2.95	5.17	11.96
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.31			0.26	0.45	1.05
18:2	g	0.24		8	0.21	0.36	0.83
18:3	g	0.02		8	0.02	0.03	0.07
18:4	g						
20:4	g	0.04		8	0.04	0.06	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76	1.062	8	65	113	262
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.272	0.478	1.105
Threonine	g	1.250			1.063	1.863	4.309
Isoleucine	g	1.287			1.094	1.917	4.435
Leucine	g	2.262			1.923	3.370	7.797
Lysine	g	2.381			2.024	3.548	8.208
Methionine	g	0.733			0.623	1.092	2.525
Cystine	g	0.321			0.272	0.478	1.105
Phenylalanine	g	1.117			0.950	1.665	3.851
Tyrosine	g	0.962			0.817	1.433	3.315
Valine	g	1.392			1.183	2.074	4.798
Arginine	g	1.809			1.537	2.695	6.235
Histidine	g	0.980			0.833	1.460	3.378
Alanine	g	1.726			1.467	2.572	5.950
Aspartic acid	g	2.615			2.222	3.896	9.013
Glutamic acid	g	4.300			3.655	6.407	14.821
Glycine	g	1.561			1.327	2.327	5.382
Proline	g	1.264			1.074	1.883	4.356
Serine	g	1.094			0.930	1.631	3.772

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 150 g[1]	Refuse: Connective tissue 2% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.20			51.17	90.30	259.40
Food energy	kcal	198			168	297	853
	kJ	829			704	1,243	3,571
Protein (N x 6.25)	g	28.62	0.632	10	24.33	42.93	123.32
Total lipid (fat)	g	8.40			7.14	12.60	36.20
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17	0.031	10	0.99	1.75	5.04
Minerals:							
Calcium	mg	8	0.787	10	7	12	34
Iron	mg	2.47	0.163	10	2.10	3.70	10.64
Magnesium	mg	27	0.785	10	23	41	116
Phosphorus	mg	218			185	327	939
Potassium	mg	396	10.170	10	337	594	1,706
Sodium	mg	68	7.016	9	58	102	293
Zinc	mg	5.22	0.316	8	4.44	7.83	22.49
Copper	mg	0.107	0.010	8	0.091	0.160	0.461
Manganese	mg	0.016			0.014	0.024	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09	0.009	10	0.08	0.13	0.39
Riboflavin	mg	0.20	0.009	10	0.17	0.30	0.85
Niacin	mg	5.34	0.362	10	4.54	8.01	23.01
Pantothenic acid	mg	0.37			0.31	0.55	1.58
Vitamin B-6	mg	0.42			0.36	0.63	1.81
Folate	mcg	8	1.383	10	7	12	34
Vitamin B-12	mcg	2.00	0.294	11	1.70	3.00	8.62
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.20			2.72	4.81	13.81
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.01		8	0.01	0.01	0.04
14:0	g	0.24		8	0.21	0.37	1.05
16:0	g	1.91		8	1.62	2.86	8.22
18:0	g	1.04		8	0.89	1.56	4.50
Monounsaturated, total	g	3.37			2.87	5.06	14.54
16:1	g	0.27		8	0.23	0.41	1.17
18:1	g	3.10		8	2.64	4.65	13.36
20:1	g	0.00		8	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.27			0.23	0.41	1.17
18:2	g	0.22		8	0.18	0.32	0.93
18:3	g	0.02		8	0.02	0.03	0.08
18:4	g						
20:4	g	0.04		8	0.03	0.06	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76	1.062	8	65	114	327
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.272	0.481	1.381
Threonine	g	1.250			1.063	1.875	5.387
Isoleucine	g	1.287			1.094	1.930	5.544
Leucine	g	2.262			1.923	3.393	9.747
Lysine	g	2.381			2.024	3.572	10.260
Methionine	g	0.733			0.623	1.099	3.157
Cystine	g	0.321			0.272	0.481	1.381
Phenylalanine	g	1.117			0.950	1.676	4.814
Tyrosine	g	0.962			0.817	1.442	4.143
Valine	g	1.392			1.183	2.088	5.998
Arginine	g	1.809			1.537	2.713	7.794
Histidine	g	0.980			0.833	1.470	4.222
Alanine	g	1.726			1.467	2.589	7.439
Aspartic acid	g	2.615			2.222	3.922	11.266
Glutamic acid	g	4.300			3.655	6.450	18.527
Glycine	g	1.561			1.327	2.342	6.728
Proline	g	1.264			1.074	1.896	5.446
Serine	g	1.094			0.930	1.642	4.716

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[1] One raw steak with refuse weighs 223 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 147 g[1]	Refuse: Connective tissue 8% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.25			50.36	87.10	201.57
Food energy	kcal	214			182	314	727
	kJ	895			761	1,315	3,044
Protein (N x 6.25)	g	28.62			24.33	42.07	97.36
Total lipid (fat)	g	10.15			8.63	14.92	34.53
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17			0.99	1.72	3.98
Minerals:							
Calcium	mg	8			7	12	27
Iron	mg	2.47			2.10	3.63	8.40
Magnesium	mg	27			23	40	92
Phosphorus	mg	218			185	320	742
Potassium	mg	396			337	582	1,347
Sodium	mg	68			58	100	231
Zinc	mg	5.22			4.44	7.67	17.76
Copper	mg	0.107			0.091	0.157	0.364
Manganese	mg	0.016			0.014	0.024	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.13	0.31
Riboflavin	mg	0.20			0.17	0.29	0.67
Niacin	mg	5.34			4.54	7.85	18.17
Pantothenic acid	mg	0.37			0.31	0.54	1.25
Vitamin B-6	mg	0.42			0.36	0.62	1.43
Folate	mcg	8			7	12	27
Vitamin B-12	mcg	2.00			1.70	2.94	6.80
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.87			3.29	5.69	13.17
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.02	0.04
14:0	g	0.30			0.25	0.43	1.00
16:0	g	2.31			1.96	3.39	7.84
18:0	g	1.26			1.07	1.85	4.29
Monounsaturated, total	g	4.08			3.47	5.99	13.87
16:1	g	0.33			0.28	0.48	1.12
18:1	g	3.75			3.19	5.51	12.75
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.33			0.28	0.48	1.12
18:2	g	0.26			0.22	0.38	0.89
18:3	g	0.02			0.02	0.03	0.08
18:4	g						
20:4	g	0.05			0.04	0.07	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			65	112	259
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.272	0.471	1.090
Threonine	g	1.250			1.063	1.838	4.253
Isoleucine	g	1.287			1.094	1.891	4.377
Leucine	g	2.262			1.923	3.325	7.695
Lysine	g	2.381			2.024	3.500	8.100
Methionine	g	0.733			0.623	1.077	2.492
Cystine	g	0.321			0.272	0.471	1.090
Phenylalanine	g	1.117			0.950	1.642	3.801
Tyrosine	g	0.962			0.817	1.414	3.271
Valine	g	1.392			1.183	2.046	4.736
Arginine	g	1.809			1.537	2.659	6.153
Histidine	g	0.980			0.833	1.440	3.334
Alanine	g	1.726			1.467	2.538	5.873
Aspartic acid	g	2.615			2.222	3.843	8.895
Glutamic acid	g	4.300			3.655	6.321	14.627
Glycine	g	1.561			1.327	2.295	5.312
Proline	g	1.264			1.074	1.858	4.299
Serine	g	1.094			0.930	1.609	3.723

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 149 g[1]	Refuse: Connective tissue 2% Separable fat 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.50			50.57	88.65	248.29
Food energy	kcal	209			177	311	871
	kJ	874			743	1,302	3,647
Protein (N x 6.25)	g	28.62			24.33	42.64	119.43
Total lipid (fat)	g	9.60			8.16	14.30	40.06
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17			0.99	1.74	4.88
Minerals:							
Calcium	mg	8			7	12	33
Iron	mg	2.47			2.10	3.68	10.31
Magnesium	mg	27			23	40	113
Phosphorus	mg	218			185	325	910
Potassium	mg	396			337	590	1,653
Sodium	mg	68			58	101	284
Zinc	mg	5.22			4.44	7.78	21.78
Copper	mg	0.107			0.091	0.159	0.447
Manganese	mg	0.016			0.014	0.024	0.067
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.13	0.38
Riboflavin	mg	0.20			0.17	0.30	0.83
Niacin	mg	5.34			4.54	7.96	22.29
Pantothenic acid	mg	0.37			0.31	0.55	1.53
Vitamin B-6	mg	0.42			0.36	0.63	1.75
Folate	mcg	8			7	12	33
Vitamin B-12	mcg	2.00			1.70	2.98	8.35
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.66			3.11	5.46	15.28
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.02	0.04
14:0	g	0.28			0.24	0.42	1.17
16:0	g	2.18			1.85	3.25	9.10
18:0	g	1.19			1.01	1.78	4.98
Monounsaturated, total	g	3.86			3.28	5.75	16.09
16:1	g	0.31			0.26	0.46	1.30
18:1	g	3.54			3.01	5.28	14.79
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.31			0.26	0.46	1.30
18:2	g	0.25			0.21	0.37	1.03
18:3	g	0.02			0.02	0.03	0.09
18:4	g						
20:4	g	0.04			0.04	0.06	0.18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			65	113	317
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.272	0.478	1.338
Threonine	g	1.250			1.063	1.863	5.217
Isoleucine	g	1.287			1.094	1.917	5.369
Leucine	g	2.262			1.923	3.370	9.439
Lysine	g	2.381			2.024	3.548	9.936
Methionine	g	0.733			0.623	1.092	3.057
Cystine	g	0.321			0.272	0.478	1.338
Phenylalanine	g	1.117			0.950	1.665	4.662
Tyrosine	g	0.962			0.817	1.433	4.013
Valine	g	1.392			1.183	2.074	5.809
Arginine	g	1.809			1.537	2.695	7.548
Histidine	g	0.980			0.833	1.460	4.089
Alanine	g	1.726			1.467	2.572	7.204
Aspartic acid	g	2.615			2.222	3.896	10.911
Glutamic acid	g	4.300			3.655	6.407	17.943
Glycine	g	1.561			1.327	2.327	6.516
Proline	g	1.264			1.074	1.883	5.274
Serine	g	1.094			0.930	1.631	4.567

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[1] One raw steak with refuse weighs 223 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 151 g[1]	Refuse: Connective tissue 9% Separable fat 14%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.70			51.59	91.66	212.02
Food energy	kcal	193			164	291	673
	kJ	806			685	1,217	2,816
Protein (N x 6.25)	g	28.62			24.33	43.21	99.97
Total lipid (fat)	g	7.80			6.63	11.78	27.25
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17			0.99	1.77	4.09
Minerals:							
Calcium	mg	8			7	12	28
Iron	mg	2.47			2.10	3.73	8.63
Magnesium	mg	27			23	41	94
Phosphorus	mg	218			185	329	761
Potassium	mg	396			337	598	1,383
Sodium	mg	68			58	103	238
Zinc	mg	5.22			4.44	7.88	18.23
Copper	mg	0.107			0.091	0.162	0.374
Manganese	mg	0.016			0.014	0.024	0.056
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.14	0.31
Riboflavin	mg	0.20			0.17	0.30	0.69
Niacin	mg	5.34			4.54	8.06	18.66
Pantothenic acid	mg	0.37			0.31	0.55	1.28
Vitamin B-6	mg	0.42			0.36	0.63	1.47
Folate	mcg	8			7	12	28
Vitamin B-12	mcg	2.00			1.70	3.02	6.99
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.98			2.53	4.49	10.39
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.01	0.03
14:0	g	0.23			0.19	0.34	0.79
16:0	g	1.77			1.51	2.68	6.19
18:0	g	0.97			0.82	1.46	3.38
Monounsaturated, total	g	3.13			2.66	4.73	10.94
16:1	g	0.25			0.22	0.38	0.88
18:1	g	2.88			2.45	4.35	10.06
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.25			0.22	0.38	0.88
18:2	g	0.20			0.17	0.30	0.70
18:3	g	0.02			0.01	0.03	0.06
18:4	g						
20:4	g	0.03			0.03	0.05	0.12
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			65	115	265
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.272	0.484	1.120
Threonine	g	1.250			1.063	1.888	4.366
Isoleucine	g	1.287			1.094	1.943	4.494
Leucine	g	2.262			1.923	3.416	7.901
Lysine	g	2.381			2.024	3.595	8.317
Methionine	g	0.733			0.623	1.106	2.559
Cystine	g	0.321			0.272	0.484	1.120
Phenylalanine	g	1.117			0.950	1.687	3.903
Tyrosine	g	0.962			0.817	1.452	3.359
Valine	g	1.392			1.183	2.102	4.862
Arginine	g	1.809			1.537	2.731	6.318
Histidine	g	0.980			0.833	1.480	3.423
Alanine	g	1.726			1.467	2.607	6.030
Aspartic acid	g	2.615			2.222	3.948	9.133
Glutamic acid	g	4.300			3.655	6.493	15.019
Glycine	g	1.561			1.327	2.358	5.454
Proline	g	1.264			1.074	1.908	4.414
Serine	g	1.094			0.930	1.653	3.823

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[1] One raw steak with refuse weighs 261 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 152 g[1]	Refuse: Connective tissue 2% Separable fat 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.00			51.85	92.72	265.59
Food energy	kcal	184			157	280	803
	kJ	772			656	1,174	3,362
Protein (N x 6.25)	g	28.62			24.33	43.50	124.61
Total lipid (fat)	g	6.90			5.86	10.49	30.04
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17			0.99	1.78	5.09
Minerals:							
Calcium	mg	8			7	12	35
Iron	mg	2.47			2.10	3.75	10.75
Magnesium	mg	27			23	41	118
Phosphorus	mg	218			185	331	949
Potassium	mg	396			337	602	1,724
Sodium	mg	68			56	103	296
Zinc	mg	5.22			4.44	7.93	22.73
Copper	mg	0.107			0.091	0.163	0.466
Manganese	mg	0.016			0.014	0.024	0.070
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.14	0.39
Riboflavin	mg	0.20			0.17	0.30	0.86
Niacin	mg	5.34			4.54	8.12	23.25
Pantothenic acid	mg	0.37			0.31	0.56	1.59
Vitamin B-6	mg	0.42			0.36	0.64	1.83
Folate	mcg	8			7	12	35
Vitamin B-12	mcg	2.00			1.70	3.04	8.71
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.63			2.24	4.00	11.46
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.01	0.03
14:0	g	0.20			0.17	0.31	0.87
16:0	g	1.57			1.33	2.38	6.82
18:0	g	0.86			0.73	1.30	3.73
Monounsaturated, total	g	2.77			2.36	4.21	12.07
16:1	g	0.22			0.19	0.34	0.97
18:1	g	2.55			2.17	3.87	11.09
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.22			0.19	0.34	0.97
18:2	g	0.18			0.15	0.27	0.77
18:3	g	0.02			0.01	0.02	0.07
18:4	g						
20:4	g	0.03			0.03	0.05	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			65	116	331
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.272	0.487	1.396
Threonine	g	1.250			1.063	1.900	5.443
Isoleucine	g	1.287			1.094	1.956	5.602
Leucine	g	2.262			1.923	3.438	9.849
Lysine	g	2.381			2.024	3.619	10.367
Methionine	g	0.733			0.623	1.114	3.190
Cystine	g	0.321			0.272	0.487	1.396
Phenylalanine	g	1.117			0.950	1.698	4.865
Tyrosine	g	0.962			0.817	1.462	4.187
Valine	g	1.392			1.183	2.116	6.061
Arginine	g	1.809			1.537	2.749	7.875
Histidine	g	0.980			0.833	1.489	4.267
Alanine	g	1.726			1.467	2.624	7.516
Aspartic acid	g	2.615			2.222	3.974	11.384
Glutamic acid	g	4.300			3.655	6.536	18.721
Glycine	g	1.561			1.327	2.373	6.798
Proline	g	1.264			1.074	1.921	5.503
Serine	g	1.094			0.930	1.663	4.765

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[1] One raw steak with refuse weighs 223 g.

BEEF, SHORT LOIN, TOP LOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 147 g[1]	Refuse: Connective tissue 8% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.12			48.55	83.97	194.32
Food energy	kcal	245			208	360	833
	kJ	1,025			872	1,507	3,489
Protein (N x 6.25)	g	28.62			24.33	42.07	97.36
Total lipid (fat)	g	13.61			11.57	20.01	46.30
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17			0.99	1.72	3.98
Minerals:							
Calcium	mg	8			7	12	27
Iron	mg	2.47			2.10	3.63	8.40
Magnesium	mg	27			23	40	92
Phosphorus	mg	218			185	320	742
Potassium	mg	396			337	582	1,347
Sodium	mg	68			58	100	231
Zinc	mg	5.22			4.44	7.67	17.76
Copper	mg	0.107			0.091	0.157	0.364
Manganese	mg	0.016			0.014	0.024	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.13	0.31
Riboflavin	mg	0.20			0.17	0.29	0.67
Niacin	mg	5.34			4.54	7.85	18.17
Pantothenic acid	mg	0.37			0.31	0.54	1.25
Vitamin B-6	mg	0.42			0.36	0.62	1.43
Folate	mcg	8			7	12	27
Vitamin B-12	mcg	2.00			1.70	2.94	6.80
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.45			4.63	8.01	18.53
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.03
12:0	g	0.01			0.01	0.01	0.03
14:0	g	0.40			0.34	0.59	1.36
16:0	g	3.10			2.63	4.56	10.54
18:0	g	1.69			1.44	2.48	5.75
Monounsaturated, total	g	5.67			4.82	8.33	19.28
16:1	g	0.44			0.37	0.65	1.50
18:1	g	5.03			4.27	7.39	17.11
20:1	g	0.01			0.01	0.01	0.03
22:1	g						
Polyunsaturated, total	g	0.47			0.40	0.69	1.60
18:2	g	0.35			0.30	0.51	1.19
18:3	g	0.03			0.03	0.04	0.10
18:4	g						
20:4	g	0.06			0.05	0.09	0.20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76			65	112	259
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.321			0.272	0.471	1.090
Threonine	g	1.250			1.063	1.838	4.253
Isoleucine	g	1.287			1.094	1.891	4.377
Leucine	g	2.262			1.923	3.325	7.695
Lysine	g	2.381			2.024	3.500	8.100
Methionine	g	0.733			0.623	1.077	2.492
Cystine	g	0.321			0.272	0.471	1.090
Phenylalanine	g	1.117			0.950	1.642	3.801
Tyrosine	g	0.962			0.817	1.414	3.271
Valine	g	1.392			1.183	2.046	4.736
Arginine	g	1.809			1.537	2.659	6.153
Histidine	g	0.980			0.833	1.440	3.334
Alanine	g	1.726			1.467	2.538	5.873
Aspartic acid	g	2.615			2.222	3.843	8.895
Glutamic acid	g	4.300			3.655	6.321	14.627
Glycine	g	1.561			1.327	2.295	5.312
Proline	g	1.264			1.074	1.858	4.299
Serine	g	1.094			0.930	1.609	3.723

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[1] One raw steak with refuse weighs 261 g.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	56.83			257.80	16.11	255.24
Food energy	*kcal*	283			1,286	80	1,273
	kJ	1,187			5,383	336	5,329
Protein (N x 6.25)	*g*	17.76			80.58	5.04	79.78
Total lipid (fat)	*g*	23.02			104.41	6.53	103.37
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.86			3.89	0.24	3.85
Minerals:							
Calcium	*mg*	7			32	2	31
Iron	*mg*	2.29			10.37	0.65	10.26
Magnesium	*mg*	19			86	5	85
Phosphorus	*mg*	177			801	50	793
Potassium	*mg*	295			1,337	84	1,324
Sodium	*mg*	48			218	14	216
Zinc	*mg*	2.97			13.46	0.84	13.33
Copper	*mg*	0.091			0.412	0.026	0.408
Manganese	*mg*	0.012			0.055	0.003	0.054
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.11			0.51	0.03	0.51
Riboflavin	*mg*	0.20			0.93	0.06	0.92
Niacin	*mg*	2.93			13.30	0.83	13.17
Pantothenic acid	*mg*	0.30			1.35	0.08	1.34
Vitamin B-6	*mg*	0.37			1.67	0.10	1.65
Folate	*mcg*	6			27	2	27
Vitamin B-12	*mcg*	2.55			11.59	0.72	11.47
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	9.31			42.24	2.64	41.82
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.07			0.34	0.02	0.33
12:0	*g*	0.05			0.23	0.01	0.23
14:0	*g*	0.72			3.27	0.20	3.24
16:0	*g*	5.56			25.23	1.58	24.98
18:0	*g*	2.91			13.18	0.82	13.05
Monounsaturated, total	*g*	9.74			44.20	2.76	43.76
16:1	*g*	1.10			4.97	0.31	4.93
18:1	*g*	8.62			39.10	2.44	38.71
20:1	*g*	0.03			0.12	0.01	0.12
22:1	*g*						
Polyunsaturated, total	*g*	0.89			4.04	0.25	4.00
18:2	*g*	0.58			2.62	0.16	2.60
18:3	*g*	0.28			1.25	0.08	1.24
18:4	*g*						
20:4	*g*	0.04			0.17	0.01	0.17
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	71			322	20	318
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.199			0.903	0.056	0.894
Threonine	*g*	0.776			3.520	0.220	3.485
Isoleucine	*g*	0.799			3.623	0.226	3.587
Leucine	*g*	1.404			6.369	0.398	6.306
Lysine	*g*	1.478			6.704	0.419	6.638
Methionine	*g*	0.455			2.063	0.129	2.042
Cystine	*g*	0.199			0.903	0.056	0.894
Phenylalanine	*g*	0.694			3.146	0.197	3.115
Tyrosine	*g*	0.597			2.708	0.169	2.681
Valine	*g*	0.864			3.919	0.245	3.881
Arginine	*g*	1.123			5.093	0.318	5.042
Histidine	*g*	0.608			2.759	0.172	2.732
Alanine	*g*	1.072			4.861	0.304	4.812
Aspartic acid	*g*	1.623			7.362	0.460	7.289
Glutamic acid	*g*	2.669			12.106	0.757	11.986
Glycine	*g*	0.969			4.396	0.275	4.353
Proline	*g*	0.784			3.558	0.222	3.523
Serine	*g*	0.679			3.081	0.193	3.051

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 117g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.04			45.09	62.06	228.56
Food energy	kcal	291			247	340	1,252
	kJ	1,216			1,034	1,423	5,241
Protein (N x 6.25)	g	25.26			21.47	29.55	108.84
Total lipid (fat)	g	20.26			17.22	23.70	87.28
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.16			0.98	1.35	4.98
Minerals:							
Calcium	mg	8			7	10	35
Iron	mg	3.15			2.68	3.69	13.58
Magnesium	mg	26			22	30	112
Phosphorus	mg	210			179	246	907
Potassium	mg	368			313	431	1,586
Sodium	mg	59			50	69	255
Zinc	mg	4.88			4.15	5.71	21.02
Copper	mg	0.156			0.133	0.183	0.673
Manganese	mg	0.015			0.013	0.018	0.066
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.13	0.49
Riboflavin	mg	0.26			0.22	0.31	1.13
Niacin	mg	3.52			2.99	4.12	15.17
Pantothenic acid	mg	0.34			0.29	0.40	1.46
Vitamin B-6	mg	0.39			0.33	0.46	1.68
Folate	mcg	6			5	7	27
Vitamin B-12	mcg	2.41			2.05	2.82	10.38
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.95			6.76	9.30	34.25
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.05	0.06	0.24
12:0	g	0.05			0.04	0.06	0.22
14:0	g	0.61			0.52	0.72	2.65
16:0	g	4.80			4.08	5.62	20.69
18:0	g	2.43			2.06	2.84	10.46
Monounsaturated, total	g	8.31			7.06	9.72	35.79
16:1	g	0.76			0.64	0.89	3.26
18:1	g	7.52			6.39	8.80	32.41
20:1	g	0.03			0.02	0.03	0.12
22:1	g						
Polyunsaturated, total	g	0.77			0.65	0.90	3.30
18:2	g	0.53			0.45	0.62	2.27
18:3	g	0.20			0.17	0.24	0.88
18:4	g						
20:4	g	0.04			0.03	0.04	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	100	370
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.283			0.240	0.331	1.219
Threonine	g	1.103			0.938	1.291	4.754
Isoleucine	g	1.136			0.965	1.329	4.893
Leucine	g	1.996			1.697	2.336	8.602
Lysine	g	2.101			1.786	2.459	9.055
Methionine	g	0.647			0.550	0.757	2.786
Cystine	g	0.283			0.240	0.331	1.219
Phenylalanine	g	0.986			0.838	1.154	4.249
Tyrosine	g	0.849			0.721	0.993	3.657
Valine	g	1.229			1.044	1.437	5.294
Arginine	g	1.596			1.357	1.868	6.878
Histidine	g	0.865			0.735	1.012	3.727
Alanine	g	1.524			1.295	1.781	6.565
Aspartic acid	g	2.308			1.961	2.700	9.943
Glutamic acid	g	3.795			3.226	4.440	16.352
Glycine	g	1.378			1.171	1.612	5.938
Proline	g	1.115			0.948	1.305	4.806
Serine	g	0.966			0.821	1.130	4.162

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[1] One raw steak with refuse weighs 174 g.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 93 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	57.51			48.89	53.49	255.65
Food energy	*kcal*	235			200	218	1,043
	kJ	983			835	914	4,368
Protein (N x 6.25)	*g*	27.19			23.11	25.29	120.88
Total lipid (fat)	*g*	13.15			11.18	12.23	58.45
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.25			1.06	1.16	5.55
Minerals:							
Calcium	*mg*	7			6	7	33
Iron	*mg*	3.43			2.91	3.19	15.24
Magnesium	*mg*	29			24	27	127
Phosphorus	*mg*	228			194	212	1,015
Potassium	*mg*	401			341	373	1,782
Sodium	*mg*	62			52	57	274
Zinc	*mg*	5.34			4.54	4.96	23.73
Copper	*mg*	0.171			0.145	0.159	0.760
Manganese	*mg*	0.016			0.014	0.015	0.073
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.12			0.11	0.12	0.55
Riboflavin	*mg*	0.29			0.24	0.27	1.27
Niacin	*mg*	3.78			3.21	3.52	16.80
Pantothenic acid	*mg*	0.36			0.31	0.34	1.62
Vitamin B-6	*mg*	0.42			0.36	0.39	1.88
Folate	*mcg*	7			6	6	30
Vitamin B-12	*mcg*	2.51			2.14	2.34	11.17
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	5.05			4.29	4.70	22.44
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.03			0.02	0.02	0.11
12:0	*g*	0.02			0.02	0.02	0.11
14:0	*g*	0.37			0.32	0.35	1.65
16:0	*g*	2.98			2.53	2.77	13.25
18:0	*g*	1.65			1.40	1.53	7.31
Monounsaturated, total	*g*	5.19			4.42	4.83	23.09
16:1	*g*	0.43			0.36	0.40	1.91
18:1	*g*	4.76			4.04	4.42	21.14
20:1	*g*	0.01			0.01	0.01	0.05
22:1	*g*						
Polyunsaturated, total	*g*	0.50			0.42	0.46	2.21
18:2	*g*	0.37			0.31	0.34	1.63
18:3	*g*	0.09			0.08	0.08	0.41
18:4	*g*						
20:4	*g*	0.04			0.03	0.04	0.17
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	85			72	79	376
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.305			0.259	0.283	1.354
Threonine	*g*	1.188			1.010	1.105	5.280
Isoleucine	*g*	1.223			1.039	1.137	5.435
Leucine	*g*	2.149			1.827	1.999	9.554
Lysine	*g*	2.263			1.923	2.104	10.057
Methionine	*g*	0.696			0.592	0.647	3.094
Cystine	*g*	0.305			0.259	0.283	1.354
Phenylalanine	*g*	1.062			0.902	0.987	4.719
Tyrosine	*g*	0.914			0.777	0.850	4.061
Valine	*g*	1.323			1.124	1.230	5.879
Arginine	*g*	1.719			1.461	1.598	7.639
Histidine	*g*	0.931			0.791	0.866	4.139
Alanine	*g*	1.640			1.394	1.526	7.291
Aspartic acid	*g*	2.484			2.112	2.311	11.043
Glutamic acid	*g*	4.086			3.473	3.800	18.161
Glycine	*g*	1.484			1.261	1.380	6.595
Proline	*g*	1.201			1.021	1.117	5.338
Serine	*g*	1.040			0.884	0.967	4.622

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[1] One raw steak with refuse weighs 135 g.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 330 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	47.72			40.56	157.47	212.77
Food energy	*kcal*	332			282	1,095	1,479
	kJ	1,389			1,181	4,583	6,193
Protein (N x 6.25)	*g*	23.61			20.07	77.93	105.30
Total lipid (fat)	*g*	25.60			21.76	84.50	114.17
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.16			0.99	3.83	5.18
Minerals:							
Calcium	*mg*	9			8	29	39
Iron	*mg*	3.06			2.60	10.10	13.65
Magnesium	*mg*	22			19	73	99
Phosphorus	*mg*	200			170	660	892
Potassium	*mg*	326			277	1,076	1,454
Sodium	*mg*	56			48	186	251
Zinc	*mg*	3.97			3.38	13.11	17.72
Copper	*mg*	0.121			0.103	0.400	0.541
Manganese	*mg*	0.014			0.012	0.045	0.061
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.08			0.07	0.28	0.37
Riboflavin	*mg*	0.26			0.22	0.85	1.15
Niacin	*mg*	2.97			2.52	9.79	13.22
Pantothenic acid	*mg*	0.25			0.21	0.82	1.11
Vitamin B-6	*mg*	0.25			0.21	0.83	1.12
Folate	*mcg*	7			6	25	33
Vitamin B-12	*mcg*	2.45			2.08	8.07	10.91
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	10.13			8.61	33.44	45.18
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.07			0.06	0.22	0.30
12:0	*g*	0.06			0.05	0.21	0.28
14:0	*g*	0.78			0.67	2.59	3.50
16:0	*g*	6.19			5.26	20.42	27.59
18:0	*g*	3.03			2.58	10.00	13.51
Monounsaturated, total	*g*	10.71			9.11	35.36	47.77
16:1	*g*	1.01			0.86	3.35	4.52
18:1	*g*	9.66			8.21	31.87	43.07
20:1	*g*	0.04			0.04	0.14	0.19
22:1	*g*						
Polyunsaturated, total	*g*	1.03			0.88	3.41	4.60
18:2	*g*	0.70			0.59	2.30	3.11
18:3	*g*	0.29			0.24	0.94	1.27
18:4	*g*						
20:4	*g*	0.05			0.04	0.16	0.22
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	86			73	283	382
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.264			0.225	0.873	1.179
Threonine	*g*	1.031			0.877	3.404	4.599
Isoleucine	*g*	1.062			0.902	3.504	4.734
Leucine	*g*	1.866			1.586	6.159	8.323
Lysine	*g*	1.965			1.670	6.484	8.761
Methionine	*g*	0.605			0.514	1.995	2.696
Cystine	*g*	0.264			0.225	0.873	1.179
Phenylalanine	*g*	0.922			0.784	3.042	4.111
Tyrosine	*g*	0.793			0.674	2.618	3.538
Valine	*g*	1.149			0.976	3.790	5.122
Arginine	*g*	1.492			1.269	4.925	6.655
Histidine	*g*	0.809			0.687	2.668	3.605
Alanine	*g*	1.424			1.211	4.701	6.351
Aspartic acid	*g*	2.157			1.834	7.119	9.620
Glutamic acid	*g*	3.548			3.016	11.708	15.820
Glycine	*g*	1.288			1.095	4.252	5.745
Proline	*g*	1.043			0.886	3.441	4.650
Serine	*g*	0.903			0.768	2.980	4.027

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		**Amount in 100 grams, edible portion**			**Amount in edible portion of common measures of food**		**Amount in edible portion of 1 pound of food as purchased**
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 1 lb = 453.6 g	1 oz = 28.35 g	**Refuse:** Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	56.61			256.77	16.05	251.62
Food energy	*kcal*	288			1,308	82	1,281
	kJ	1,207			5,474	342	5,364
Protein (N x 6.25)	*g*	17.76			80.58	5.04	78.96
Total lipid (fat)	*g*	23.55			106.82	6.68	104.68
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.86			3.89	0.24	3.81
Minerals:							
Calcium	*mg*	7			32	2	31
Iron	*mg*	2.29			10.37	0.65	10.16
Magnesium	*mg*	19			86	5	84
Phosphorus	*mg*	177			801	50	785
Potassium	*mg*	295			1,337	84	1,310
Sodium	*mg*	48			218	14	213
Zinc	*mg*	2.97			13.46	0.84	13.19
Copper	*mg*	0.091			0.412	0.026	0.403
Manganese	*mg*	0.012			0.055	0.003	0.054
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.11			0.51	0.03	0.50
Riboflavin	*mg*	0.20			0.93	0.06	0.91
Niacin	*mg*	2.93			13.30	0.83	13.03
Pantothenic acid	*mg*	0.30			1.35	0.08	1.33
Vitamin B-6	*mg*	0.37			1.67	0.10	1.63
Folate	*mcg*	6			27	2	27
Vitamin B-12	*mcg*	2.55			11.5[illegible]	0.72	11.35
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	9.51			43.14	2.70	42.28
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.08			0.37	0.02	0.36
12:0	*g*	0.06			0.26	0.02	0.26
14:0	*g*	0.74			3.37	0.21	3.30
16:0	*g*	5.66			25.66	1.60	25.14
18:0	*g*	2.97			13.49	0.84	13.22
Monounsaturated, total	*g*	9.89			44.86	2.80	43.96
16:1	*g*	1.11			5.02	0.31	4.92
18:1	*g*	8.76			39.72	2.48	38.92
20:1	*g*	0.03			0.12	0.01	0.12
22:1	*g*						
Polyunsaturated, total	*g*	0.86			3.90	0.24	3.83
18:2	*g*	0.55			2.52	0.16	2.47
18:3	*g*	0.28			1.26	0.08	1.24
18:4	*g*						
20:4	*g*	0.03			0.13	0.01	0.13
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	71			322	20	315
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.199			0.903	0.056	0.884
Threonine	*g*	0.776			3.520	0.220	3.449
Isoleucine	*g*	0.799			3.623	0.226	3.550
Leucine	*g*	1.404			6.369	0.398	6.241
Lysine	*g*	1.478			6.704	0.419	6.570
Methionine	*g*	0.455			2.063	0.129	2.021
Cystine	*g*	0.199			0.903	0.056	0.884
Phenylalanine	*g*	0.694			3.146	0.197	3.083
Tyrosine	*g*	0.597			2.708	0.169	2.653
Valine	*g*	0.864			3.919	0.245	3.841
Arginine	*g*	1.123			5.093	0.318	4.991
Histidine	*g*	0.608			2.759	0.172	2.704
Alanine	*g*	1.072			4.861	0.304	4.763
Aspartic acid	*g*	1.623			7.362	0.460	7.214
Glutamic acid	*g*	2.669			12.106	0.757	11.864
Glycine	*g*	0.969			4.396	0.275	4.308
Proline	*g*	0.784			3.558	0.222	3.487
Serine	*g*	0.679			3.081	0.193	3.020

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 117g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	51.89			44.11	60.71	223.59
Food energy	kcal	304			259	356	1,310
	kJ	1,273			1,082	1,490	5,486
Protein (N x 6.25)	g	25.08			21.32	29.35	108.08
Total lipid (fat)	g	21.84			18.57	25.56	94.12
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.15			0.97	1.34	4.94
Minerals:							
Calcium	mg	8			7	10	36
Iron	mg	3.13			2.66	3.66	13.47
Magnesium	mg	26			22	30	111
Phosphorus	mg	209			178	244	900
Potassium	mg	365			310	427	1,573
Sodium	mg	59			50	69	254
Zinc	mg	4.84			4.11	5.66	20.84
Copper	mg	0.155			0.132	0.181	0.667
Manganese	mg	0.015			0.013	0.018	0.065
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.13	0.49
Riboflavin	mg	0.26			0.22	0.30	1.12
Niacin	mg	3.50			2.97	4.09	15.06
Pantothenic acid	mg	0.34			0.29	0.39	1.45
Vitamin B-6	mg	0.39			0.33	0.45	1.66
Folate	mcg	6			5	7	27
Vitamin B-12	mcg	2.40			2.04	2.81	10.34
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	8.56			7.28	10.02	36.90
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.06			0.05	0.07	0.25
12:0	g	0.05			0.05	0.06	0.24
14:0	g	0.66			0.56	0.77	2.85
16:0	g	5.17			4.39	6.05	22.27
18:0	g	2.62			2.23	3.07	11.30
Monounsaturated, total	g	8.94			7.60	10.47	38.54
16:1	g	0.81			0.69	0.95	3.50
18:1	g	8.10			6.89	9.48	34.91
20:1	g	0.03			0.03	0.04	0.13
22:1	g						
Polyunsaturated, total	g	0.83			0.70	0.97	3.56
18:2	g	0.57			0.48	0.67	2.45
18:3	g	0.22			0.18	0.25	0.93
18:4	g						
20:4	g	0.04			0.03	0.05	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	101	370
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.281			0.239	0.329	1.210
Threonine	g	1.096			0.931	1.282	4.721
Isoleucine	g	1.128			0.959	1.319	4.859
Leucine	g	1.982			1.685	2.319	8.542
Lysine	g	2.087			1.774	2.442	8.992
Methionine	g	0.642			0.546	0.751	2.767
Cystine	g	0.281			0.239	0.329	1.210
Phenylalanine	g	0.979			0.832	1.146	4.219
Tyrosine	g	0.843			0.716	0.986	3.631
Valine	g	1.220			1.037	1.427	5.257
Arginine	g	1.585			1.347	1.855	6.831
Histidine	g	0.859			0.730	1.005	3.701
Alanine	g	1.513			1.286	1.770	6.519
Aspartic acid	g	2.291			1.948	2.681	9.874
Glutamic acid	g	3.768			3.203	4.409	16.238
Glycine	g	1.368			1.163	1.601	5.897
Proline	g	1.108			0.941	1.296	4.773
Serine	g	0.959			0.815	1.122	4.133

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[1] One raw steak with refuse weighs 174 g.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 92 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.91			48.38	52.36	250.37
Food energy	kcal	244			206	225	1,076
	kJ	1,023			870	942	4,502
Protein (N x 6.25)	g	27.02			22.97	24.86	118.85
Total lipid (fat)	g	14.32			12.17	13.17	62.98
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.24			1.05	1.14	5.46
Minerals:							
Calcium	mg	7			6	7	33
Iron	mg	3.40			2.89	3.13	14.97
Magnesium	mg	28			24	26	125
Phosphorus	mg	227			193	209	997
Potassium	mg	398			338	366	1,751
Sodium	mg	61			52	57	270
Zinc	mg	5.30			4.50	4.87	23.30
Copper	mg	0.170			0.144	0.156	0.746
Manganese	mg	0.016			0.014	0.015	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.10	0.11	0.54
Riboflavin	mg	0.28			0.24	0.26	1.25
Niacin	mg	3.76			3.19	3.46	16.52
Pantothenic acid	mg	0.36			0.31	0.33	1.59
Vitamin B-6	mg	0.42			0.36	0.39	1.84
Folate	mcg	7			6	6	30
Vitamin B-12	mcg	2.50			2.13	2.30	11.01
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.51			4.68	5.07	24.22
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.02	0.03	0.13
12:0	g	0.03			0.02	0.03	0.12
14:0	g	0.41			0.35	0.37	1.79
16:0	g	3.26			2.77	3.00	14.33
18:0	g	1.78			1.52	1.64	7.85
Monounsaturated, total	g	5.67			4.82	5.22	24.96
16:1	g	0.47			0.40	0.43	2.08
18:1	g	5.19			4.41	4.77	22.83
20:1	g	0.01			0.01	0.01	0.05
22:1	g						
Polyunsaturated, total	g	0.54			0.46	0.50	2.38
18:2	g	0.40			0.34	0.37	1.75
18:3	g	0.10			0.09	0.09	0.45
18:4	g						
20:4	g	0.04			0.03	0.04	0.18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	78	373
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.303			0.257	0.278	1.331
Threonine	g	1.180			1.003	1.086	5.191
Isoleucine	g	1.215			1.033	1.118	5.344
Leucine	g	2.135			1.815	1.965	9.394
Lysine	g	2.248			1.911	2.068	9.888
Methionine	g	0.692			0.588	0.636	3.043
Cystine	g	0.303			0.257	0.278	1.331
Phenylalanine	g	1.055			0.897	0.970	4.640
Tyrosine	g	0.908			0.772	0.835	3.993
Valine	g	1.314			1.117	1.209	5.781
Arginine	g	1.708			1.451	1.571	7.511
Histidine	g	0.925			0.786	0.851	4.069
Alanine	g	1.630			1.385	1.499	7.169
Aspartic acid	g	2.468			2.098	2.271	10.858
Glutamic acid	g	4.059			3.450	3.734	17.856
Glycine	g	1.474			1.253	1.356	6.485
Proline	g	1.193			1.014	1.098	5.248
Serine	g	1.033			0.878	0.951	4.545

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[1] One raw steak with refuse weighs 135 g.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 329 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.35			40.25	155.78	210.47
Food energy	kcal	339			288	1,115	1,506
	kJ	1,418			1,205	4,666	6,303
Protein (N x 6.25)	g	23.61			20.07	77.69	104.97
Total lipid (fat)	g	26.38			22.42	86.78	117.25
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.16			0.99	3.82	5.16
Minerals:							
Calcium	mg	9			8	31	42
Iron	mg	3.06			2.60	10.07	13.61
Magnesium	mg	26			22	85	115
Phosphorus	mg	232			197	763	1,031
Potassium	mg	400			340	1,317	1,780
Sodium	mg	65			55	212	287
Zinc	mg	3.97			3.38	13.07	17.66
Copper	mg	0.121			0.103	0.399	0.539
Manganese	mg	0.016			0.013	0.052	0.071
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.15			0.12	0.48	0.65
Riboflavin	mg	0.27			0.23	0.89	1.20
Niacin	mg	3.83			3.26	12.60	17.02
Pantothenic acid	mg	0.39			0.33	1.28	1.73
Vitamin B-6	mg	0.47			0.40	1.54	2.09
Folate	mcg	8			7	26	35
Vitamin B-12	mcg	3.33			2.83	10.95	14.79
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	10.42			8.86	34.30	46.34
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.08			0.07	0.26	0.35
12:0	g	0.07			0.06	0.24	0.32
14:0	g	0.82			0.69	2.68	3.63
16:0	g	6.33			5.38	20.82	28.14
18:0	g	3.13			2.66	10.30	13.91
Monounsaturated, total	g	10.94			9.30	35.98	48.61
16:1	g	1.03			0.88	3.39	4.58
18:1	g	9.86			8.38	32.45	43.84
20:1	g	0.04			0.04	0.14	0.19
22:1	g						
Polyunsaturated, total	g	1.00			0.85	3.27	4.42
18:2	g	0.67			0.57	2.20	2.97
18:3	g	0.29			0.25	0.95	1.29
18:4	g						
20:4	g	0.04			0.03	0.12	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	282	381
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.264			0.225	0.870	1.176
Threonine	g	1.031			0.877	3.394	4.585
Isoleucine	g	1.062			0.902	3.493	4.719
Leucine	g	1.866			1.586	6.141	8.296
Lysine	g	1.965			1.670	6.464	8.733
Methionine	g	0.605			0.514	1.989	2.687
Cystine	g	0.264			0.225	0.870	1.176
Phenylalanine	g	0.922			0.784	3.033	4.098
Tyrosine	g	0.793			0.674	2.610	3.527
Valine	g	1.149			0.976	3.779	5.106
Arginine	g	1.492			1.269	4.910	6.634
Histidine	g	0.809			0.687	2.660	3.594
Alanine	g	1.424			1.211	4.686	6.332
Aspartic acid	g	2.157			1.834	7.098	9.590
Glutamic acid	g	3.548			3.016	11.672	15.770
Glycine	g	1.288			1.095	4.239	5.727
Proline	g	1.043			0.886	3.431	4.635
Serine	g	0.903			0.768	2.971	4.014

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		**Amount in 100 grams, edible portion**			**Amount in edible portion of common measures of food**		**Amount in edible portion of 1 pound of food as purchased**
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 1 lb = 453.6 g	1 oz = 28.35 g	**Refuse:** Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	57.14			259.18	16.20	256.61
Food energy	*kcal*	278			1,261	79	1,248
	kJ	1,164			5,278	330	5,226
Protein (N x 6.25)	*g*	17.76			80.58	5.04	79.78
Total lipid (fat)	*g*	22.41			101.65	6.35	100.64
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.86			3.89	0.24	3.85
Minerals:							
Calcium	*mg*	7			32	2	31
Iron	*mg*	2.29			10.37	0.65	10.26
Magnesium	*mg*	19			86	5	85
Phosphorus	*mg*	177			801	50	793
Potassium	*mg*	295			1,337	84	1,324
Sodium	*mg*	48			218	14	216
Zinc	*mg*	2.97			13.46	0.84	13.33
Copper	*mg*	0.091			0.412	0.026	0.408
Manganese	*mg*	0.012			0.055	0.003	0.054
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.11			0.51	0.03	0.51
Riboflavin	*mg*	0.20			0.93	0.06	0.92
Niacin	*mg*	2.93			13.30	0.83	13.17
Pantothenic acid	*mg*	0.30			1.35	0.08	1.34
Vitamin B-6	*mg*	0.37			1.67	0.10	1.65
Folate	*mcg*	6			27	2	27
Vitamin B-12	*mcg*	2.56			11.59	0.72	11.47
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	9.09			41.21	2.58	40.80
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.07			0.34	0.02	0.33
12:0	*g*	0.05			0.23	0.01	0.23
14:0	*g*	0.71			3.20	0.20	3.17
16:0	*g*	5.43			24.63	1.54	24.38
18:0	*g*	2.83			12.82	0.80	12.69
Monounsaturated, total	*g*	9.51			43.13	2.70	42.70
16:1	*g*	1.08			4.90	0.31	4.85
18:1	*g*	8.40			38.11	2.38	37.74
20:1	*g*	0.03			0.12	0.01	0.12
22:1	*g*						
Polyunsaturated, total	*g*	0.86			3.91	0.24	3.87
18:2	*g*	0.56			2.52	0.16	2.50
18:3	*g*	0.27			1.24	0.08	1.23
18:4	*g*						
20:4	*g*	0.03			0.15	0.01	0.15
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	71			322	20	318
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.199			0.903	0.056	0.894
Threonine	*g*	0.776			3.520	0.220	3.485
Isoleucine	*g*	0.799			3.623	0.226	3.587
Leucine	*g*	1.404			6.369	0.398	6.306
Lysine	*g*	1.478			6.704	0.419	6.638
Methionine	*g*	0.455			2.063	0.129	2.042
Cystine	*g*	0.199			0.903	0.056	0.894
Phenylalanine	*g*	0.694			3.146	0.197	3.115
Tyrosine	*g*	0.597			2.706	0.169	2.681
Valine	*g*	0.864			3.919	0.245	3.881
Arginine	*g*	1.123			5.093	0.318	5.042
Histidine	*g*	0.608			2.759	0.172	2.732
Alanine	*g*	1.072			4.861	0.304	4.812
Aspartic acid	*g*	1.623			7.362	0.460	7.289
Glutamic acid	*g*	2.669			12.106	0.757	11.986
Glycine	*g*	0.969			4.396	0.275	4.353
Proline	*g*	0.784			3.558	0.222	3.523
Serine	*g*	0.679			3.081	0.193	3.051

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 117 g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.64			46.44	63.93	235.43
Food energy	kcal	271			231	317	1,169
	kJ	1,135			965	1,328	4,892
Protein (N x 6.25)	g	25.61			21.77	29.96	110.35
Total lipid (fat)	g	17.94			15.25	20.99	77.32
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.17			1.00	1.37	5.05
Minerals:							
Calcium	mg	8			7	9	35
Iron	mg	3.20			2.72	3.75	13.80
Magnesium	mg	26			22	31	114
Phosphorus	mg	214			182	250	921
Potassium	mg	374			318	438	1,612
Sodium	mg	60			51	70	257
Zinc	mg	4.96			4.22	5.80	21.38
Copper	mg	0.159			0.135	0.186	0.685
Manganese	mg	0.015			0.013	0.018	0.067
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.10	0.14	0.50
Riboflavin	mg	0.27			0.23	0.31	1.15
Niacin	mg	3.57			3.03	4.17	15.37
Pantothenic acid	mg	0.34			0.29	0.40	1.48
Vitamin B-6	mg	0.39			0.34	0.46	1.70
Folate	mcg	6			5	7	28
Vitamin B-12	mcg	2.43			2.06	2.84	10.46
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	7.04			5.98	8.24	30.33
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.04	0.06	0.21
12:0	g	0.05			0.04	0.05	0.20
14:0	g	0.54			0.46	0.64	2.34
16:0	g	4.25			3.61	4.97	18.32
18:0	g	2.15			1.83	2.52	9.27
Monounsaturated, total	g	7.36			6.25	8.61	31.70
16:1	g	0.67			0.57	0.78	2.89
18:1	g	6.66			5.66	7.79	28.70
20:1	g	0.03			0.02	0.03	0.11
22:1	g						
Polyunsaturated, total	g	0.68			0.58	0.79	2.92
18:2	g	0.47			0.40	0.55	2.01
18:3	g	0.18			0.15	0.21	0.78
18:4	g						
20:4	g	0.03			0.03	0.04	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	100	369
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.287			0.244	0.336	1.236
Threonine	g	1.119			0.951	1.309	4.820
Isoleucine	g	1.151			0.979	1.347	4.961
Leucine	g	2.024			1.721	2.368	8.722
Lysine	g	2.131			1.811	2.493	9.181
Methionine	g	0.656			0.557	0.767	2.825
Cystine	g	0.287			0.244	0.336	1.236
Phenylalanine	g	1.000			0.850	1.170	4.308
Tyrosine	g	0.860			0.731	1.007	3.708
Valine	g	1.246			1.059	1.457	5.368
Arginine	g	1.619			1.376	1.894	6.974
Histidine	g	0.877			0.745	1.026	3.778
Alanine	g	1.545			1.313	1.807	6.657
Aspartic acid	g	2.340			1.989	2.737	10.082
Glutamic acid	g	3.848			3.270	4.502	16.579
Glycine	g	1.397			1.188	1.635	6.021
Proline	g	1.131			0.961	1.323	4.873
Serine	g	0.979			0.832	1.146	4.220

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[1] One raw steak with refuse weighs 174 g.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 93 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.89			49.21	53.84	257.32
Food energy	kcal	229			194	213	1,017
	kJ	958			814	891	4,257
Protein (N x 6.25)	g	27.19			23.11	25.29	120.88
Total lipid (fat)	g	12.49			10.62	11.62	55.53
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.25			1.06	1.16	5.55
Minerals:							
Calcium	mg	7			6	7	33
Iron	mg	3.43			2.91	3.19	15.24
Magnesium	mg	29			24	27	127
Phosphorus	mg	228			194	212	1,015
Potassium	mg	401			341	373	1,782
Sodium	mg	62			52	57	274
Zinc	mg	5.34			4.54	4.96	23.73
Copper	mg	0.171			0.145	0.159	0.760
Manganese	mg	0.016			0.014	0.015	0.073
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.11	0.12	0.55
Riboflavin	mg	0.29			0.24	0.27	1.27
Niacin	mg	3.78			3.21	3.52	16.80
Pantothenic acid	mg	0.36			0.31	0.34	1.62
Vitamin B-6	mg	0.42			0.36	0.39	1.88
Folate	mcg	7			6	6	30
Vitamin B-12	mcg	2.51			2.14	2.34	11.17
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.80			4.08	4.47	21.35
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.02	0.02	0.11
12:0	g	0.02			0.02	0.02	0.11
14:0	g	0.35			0.30	0.33	1.58
16:0	g	2.84			2.41	2.64	12.62
18:0	g	1.56			1.33	1.45	6.93
Monounsaturated, total	g	4.95			4.20	4.60	21.99
16:1	g	0.41			0.35	0.38	1.83
18:1	g	4.52			3.85	4.21	20.11
20:1	g	0.01			0.01	0.01	0.05
22:1	g						
Polyunsaturated, total	g	0.47			0.40	0.44	2.10
18:2	g	0.35			0.29	0.32	1.54
18:3	g	0.09			0.08	0.08	0.40
18:4	g						
20:4	g	0.04			0.03	0.03	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			72	79	376
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.305			0.259	0.283	1.354
Threonine	g	1.188			1.010	1.105	5.280
Isoleucine	g	1.223			1.039	1.137	5.435
Leucine	g	2.149			1.827	1.999	9.554
Lysine	g	2.263			1.923	2.104	10.057
Methionine	g	0.696			0.592	0.647	3.094
Cystine	g	0.305			0.259	0.283	1.354
Phenylalanine	g	1.062			0.902	0.987	4.719
Tyrosine	g	0.914			0.777	0.850	4.061
Valine	g	1.323			1.124	1.230	5.879
Arginine	g	1.719			1.461	1.598	7.639
Histidine	g	0.931			0.791	0.866	4.139
Alanine	g	1.640			1.394	1.526	7.291
Aspartic acid	g	2.484			2.112	2.311	11.043
Glutamic acid	g	4.086			3.473	3.800	18.161
Glycine	g	1.484			1.261	1.380	6.595
Proline	g	1.201			1.021	1.117	5.338
Serine	g	1.040			0.884	0.967	4.622

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[1] One raw steak with refuse weighs 135 g.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 331 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.20			40.97	159.33	215.34
Food energy	kcal	324			275	1,071	1,447
	kJ	1,356			1,152	4,481	6,057
Protein (N x 6.25)	g	23.61			20.07	78.07	105.51
Total lipid (fat)	g	24.72			21.01	81.73	110.45
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.16			0.99	3.84	5.19
Minerals:							
Calcium	mg	9			8	29	39
Iron	mg	3.06			2.60	10.12	13.68
Magnesium	mg	22			19	73	99
Phosphorus	mg	200			170	661	894
Potassium	mg	326			277	1,078	1,457
Sodium	mg	56			48	186	252
Zinc	mg	3.97			3.38	13.14	17.76
Copper	mg	0.121			0.103	0.401	0.542
Manganese	mg	0.014			0.012	0.045	0.061
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.08			0.07	0.28	0.38
Riboflavin	mg	0.26			0.22	0.85	1.15
Niacin	mg	2.97			2.52	9.80	13.25
Pantothenic acid	mg	0.25			0.21	0.82	1.11
Vitamin B-6	mg	0.25			0.21	0.83	1.12
Folate	mcg	7			6	25	33
Vitamin B-12	mcg	2.45			2.08	8.09	10.93
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.80			8.33	32.40	43.78
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.22	0.30
12:0	g	0.06			0.05	0.20	0.28
14:0	g	0.76			0.65	2.52	3.41
16:0	g	5.99			5.09	19.81	26.77
18:0	g	2.92			2.48	9.64	13.02
Monounsaturated, total	g	10.37			8.81	34.28	46.33
16:1	g	0.99			0.84	3.26	4.41
18:1	g	9.34			7.94	30.88	41.73
20:1	g	0.04			0.04	0.14	0.19
22:1	g						
Polyunsaturated, total	g	0.99			0.84	3.28	4.43
18:2	g	0.67			0.57	2.21	2.98
18:3	g	0.28			0.24	0.93	1.26
18:4	g						
20:4	g	0.04			0.04	0.15	0.20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	283	383
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.264			0.225	0.874	1.182
Threonine	g	1.031			0.877	3.410	4.609
Isoleucine	g	1.062			0.902	3.510	4.744
Leucine	g	1.866			1.586	6.171	8.339
Lysine	g	1.965			1.670	6.495	8.778
Methionine	g	0.605			0.514	1.999	2.701
Cystine	g	0.264			0.225	0.874	1.182
Phenylalanine	g	0.922			0.784	3.048	4.119
Tyrosine	g	0.793			0.674	2.623	3.545
Valine	g	1.149			0.976	3.797	5.132
Arginine	g	1.492			1.269	4.934	6.668
Histidine	g	0.809			0.687	2.673	3.613
Alanine	g	1.424			1.211	4.709	6.364
Aspartic acid	g	2.157			1.834	7.132	9.639
Glutamic acid	g	3.548			3.016	11.729	15.852
Glycine	g	1.288			1.095	4.259	5.757
Proline	g	1.043			0.886	3.448	4.659
Serine	g	0.903			0.768	2.985	4.035

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.54			265.52	16.60	257.56
Food energy	kcal	284			1,290	81	1,251
	kJ	1,191			5,401	338	5,239
Protein (N x 6.25)	g	17.90			81.21	5.08	78.77
Total lipid (fat)	g	23.06			104.59	6.54	101.45
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.87			3.93	0.25	3.81
Minerals:							
Calcium	mg	7			31	2	30
Iron	mg	2.31			10.47	0.65	10.15
Magnesium	mg	19			87	5	84
Phosphorus	mg	178			809	51	784
Potassium	mg	298			1,352	85	1,312
Sodium	mg	48			219	14	212
Zinc	mg	3.00			13.59	0.85	13.19
Copper	mg	0.092			0.415	0.026	0.403
Manganese	mg	0.012			0.055	0.003	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.52	0.03	0.50
Riboflavin	mg	0.21			0.93	0.06	0.91
Niacin	mg	2.95			13.40	0.84	13.00
Pantothenic acid	mg	0.30			1.36	0.09	1.32
Vitamin B-6	mg	0.37			1.68	0.11	1.63
Folate	mcg	6			28	2	27
Vitamin B-12	mcg	2.57			11.66	0.73	11.31
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	9.47			42.96	2.69	41.68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.32	0.02	0.31
12:0	g	0.05			0.22	0.01	0.21
14:0	g	0.71			3.22	0.20	3.12
16:0	g	5.55			25.16	1.57	24.41
18:0	g	2.92			13.24	0.83	12.84
Monounsaturated, total	g	9.81			44.48	2.78	43.14
16:1	g	1.07			4.87	0.30	4.72
18:1	g	8.61			39.07	2.44	37.90
20:1	g	0.03			0.15	0.01	0.14
22:1	g						
Polyunsaturated, total	g	0.91			4.13	0.26	4.00
18:2	g	0.59			2.67	0.17	2.59
18:3	g	0.27			1.22	0.08	1.18
18:4	g						
20:4	g	0.04			0.17	0.01	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	70			320	20	310
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.201			0.910	0.057	0.882
Threonine	g	0.782			3.547	0.222	3.441
Isoleucine	g	0.805			3.651	0.228	3.542
Leucine	g	1.415			6.419	0.401	6.226
Lysine	g	1.490			6.756	0.422	6.554
Methionine	g	0.458			2.079	0.130	2.017
Cystine	g	0.201			0.910	0.057	0.882
Phenylalanine	g	0.699			3.170	0.198	3.075
Tyrosine	g	0.602			2.729	0.171	2.647
Valine	g	0.871			3.950	0.247	3.832
Arginine	g	1.131			5.132	0.321	4.978
Histidine	g	0.613			2.781	0.174	2.697
Alanine	g	1.080			4.898	0.306	4.752
Aspartic acid	g	1.636			7.419	0.464	7.197
Glutamic acid	g	2.690			12.201	0.763	11.835
Glycine	g	0.977			4.431	0.277	4.298
Proline	g	0.791			3.586	0.224	3.479
Serine	g	0.685			3.105	0.194	3.012

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 120 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	51.04			43.38	61.24	222.26
Food energy	*kcal*	317			270	381	1,381
	kJ	1,328			1,129	1,593	5,782
Protein (N x 6.25)	*g*	24.91			21.17	29.89	108.47
Total lipid (fat)	*g*	23.37			19.87	28.05	101.79
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.14			0.97	1.37	4.96
Minerals:							
Calcium	*mg*	8			7	10	36
Iron	*mg*	3.10			2.64	3.72	13.51
Magnesium	*mg*	25			22	31	111
Phosphorus	*mg*	207			176	249	902
Potassium	*mg*	362			308	434	1,577
Sodium	*mg*	59			50	71	256
Zinc	*mg*	4.79			4.07	5.75	20.88
Copper	*mg*	0.154			0.131	0.184	0.669
Manganese	*mg*	0.015			0.013	0.018	0.066
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.11			0.09	0.13	0.49
Riboflavin	*mg*	0.26			0.22	0.31	1.13
Niacin	*mg*	3.47			2.95	4.17	15.12
Pantothenic acid	*mg*	0.34			0.28	0.40	1.46
Vitamin B-6	*mg*	0.38			0.33	0.46	1.67
Folate	*mcg*	6			5	7	27
Vitamin B-12	*mcg*	2.39			2.03	2.87	10.41
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	9.33			7.93	11.19	40.62
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.06			0.05	0.07	0.26
12:0	*g*	0.06			0.05	0.07	0.24
14:0	*g*	0.71			0.60	0.85	3.07
16:0	*g*	5.52			4.69	6.63	24.05
18:0	*g*	2.81			2.38	3.37	12.22
Monounsaturated, total	*g*	9.68			8.23	11.62	42.17
16:1	*g*	0.86			0.73	1.04	3.76
18:1	*g*	8.66			7.36	10.40	37.73
20:1	*g*	0.03			0.03	0.04	0.14
22:1	*g*						
Polyunsaturated, total	*g*	0.90			0.77	1.08	3.93
18:2	*g*	0.62			0.52	0.74	2.68
18:3	*g*	0.22			0.19	0.27	0.97
18:4	*g*						
20:4	*g*	0.05			0.04	0.06	0.21
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	86			73	103	375
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.279			0.237	0.335	1.215
Threonine	*g*	1.088			0.925	1.305	4.738
Isoleucine	*g*	1.120			0.952	1.344	4.877
Leucine	*g*	1.969			1.673	2.362	8.573
Lysine	*g*	2.072			1.761	2.487	9.024
Methionine	*g*	0.638			0.542	0.765	2.777
Cystine	*g*	0.279			0.237	0.335	1.215
Phenylalanine	*g*	0.972			0.826	1.167	4.234
Tyrosine	*g*	0.837			0.711	1.004	3.644
Valine	*g*	1.211			1.030	1.454	5.276
Arginine	*g*	1.574			1.338	1.889	6.855
Histidine	*g*	0.853			0.725	1.023	3.714
Alanine	*g*	1.502			1.277	1.803	6.543
Aspartic acid	*g*	2.275			1.934	2.730	9.909
Glutamic acid	*g*	3.742			3.181	4.490	16.296
Glycine	*g*	1.359			1.155	1.631	5.918
Proline	*g*	1.100			0.935	1.320	4.790
Serine	*g*	0.952			0.810	1.143	4.148

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[1] One raw steak with refuse weighs 174 g.

BEEF, TENDERLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 326 g[1]	Refuse: Connective tissue 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	47.45			40.34	154.70	208.80
Food energy	kcal	353			300	1,149	1,551
	kJ	1,476			1,254	4,811	6,493
Protein (N x 6.25)	g	23.67			20.12	77.16	104.15
Total lipid (fat)	g	27.88			23.70	90.88	122.67
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.00			0.85	3.25	4.39
Minerals:							
Calcium	mg	9			7	28	38
Iron	mg	3.06			2.60	9.99	13.48
Magnesium	mg	22			19	72	98
Phosphorus	mg	199			169	650	877
Potassium	mg	330			281	1,077	1,453
Sodium	mg	55			47	179	241
Zinc	mg	4.31			3.66	14.04	18.95
Copper	mg	0.139			0.118	0.453	0.612
Manganese	mg	0.014			0.012	0.045	0.061
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.09			0.08	0.29	0.39
Riboflavin	mg	0.27			0.23	0.87	1.18
Niacin	mg	2.97			2.52	9.68	13.07
Pantothenic acid	mg	0.38			0.33	1.25	1.69
Vitamin B-6	mg	0.33			0.28	1.06	1.43
Folate	mcg	7			6	22	30
Vitamin B-12	mcg	2.51			2.13	8.17	11.03
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	11.13			9.46	36.28	48.97
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.07			0.06	0.23	0.31
12:0	g	0.06			0.06	0.21	0.29
14:0	g	0.85			0.72	2.76	3.72
16:0	g	6.59			5.60	21.49	29.00
18:0	g	3.34			2.84	10.90	14.71
Monounsaturated, total	g	11.55			9.82	37.66	50.83
16:1	g	1.04			0.88	3.37	4.55
18:1	g	10.33			8.78	33.68	45.46
20:1	g	0.04			0.03	0.13	0.17
22:1	g						
Polyunsaturated, total	g	1.07			0.91	3.49	4.72
18:2	g	0.73			0.62	2.39	3.23
18:3	g	0.27			0.23	0.88	1.18
18:4	g						
20:4	g	0.05			0.05	0.18	0.24
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	88			75	287	387
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.265			0.225	0.864	1.166
Threonine	g	1.034			0.879	3.371	4.549
Isoleucine	g	1.064			0.905	3.469	4.683
Leucine	g	1.871			1.590	6.099	8.232
Lysine	g	1.969			1.674	6.420	8.665
Methionine	g	0.606			0.515	1.975	2.666
Cystine	g	0.265			0.225	0.864	1.166
Phenylalanine	g	0.924			0.785	3.013	4.066
Tyrosine	g	0.795			0.676	2.593	3.499
Valine	g	1.151			0.979	3.753	5.066
Arginine	g	1.496			1.272	4.877	6.582
Histidine	g	0.810			0.689	2.642	3.566
Alanine	g	1.428			1.214	4.655	6.282
Aspartic acid	g	2.163			1.838	7.050	9.515
Glutamic acid	g	3.556			3.023	11.593	15.647
Glycine	g	1.291			1.098	4.210	5.682
Proline	g	1.045			0.888	3.408	4.599
Serine	g	0.905			0.769	2.951	3.983

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 98 g[1]	Refuse: Connective tissue 5% Separable fat 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.10			51.08	58.90	215.34
Food energy	kcal	211			179	207	755
	kJ	883			750	865	3,162
Protein (N x 6.25)	g	28.25	0.494	10	24.01	27.68	101.22
Total lipid (fat)	g	10.00			8.50	9.80	35.83
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30	0.028	10	1.10	1.27	4.66
Minerals:							
Calcium	mg	7	0.845	9	6	7	25
Iron	mg	3.58	0.241	9	3.04	3.51	12.83
Magnesium	mg	30	0.509	9	25	29	107
Phosphorus	mg	238			202	233	853
Potassium	mg	419	5.553	9	356	411	1,501
Sodium	mg	63	5.260	9	54	62	226
Zinc	mg	5.59	0.218	8	4.75	5.48	20.03
Copper	mg	0.179	0.009	8	0.152	0.175	0.641
Manganese	mg	0.017			0.014	0.017	0.061
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13	0.009	10	0.11	0.13	0.47
Riboflavin	mg	0.30	0.011	9	0.25	0.29	1.07
Niacin	mg	3.92	0.181	10	3.33	3.84	14.05
Pantothenic acid	mg	0.38			0.32	0.37	1.35
Vitamin B-6	mg	0.44			0.37	0.43	1.58
Folate	mcg	7	1.671	10	6	7	25
Vitamin B-12	mcg	2.57	0.385	10	2.18	2.52	9.21
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.74			3.18	3.66	13.40
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		7	0.01	0.01	0.04
12:0	g	0.01		7	0.01	0.01	0.04
14:0	g	0.26		7	0.22	0.25	0.93
16:0	g	2.14		7	1.82	2.10	7.68
18:0	g	1.31		7	1.12	1.29	4.71
Monounsaturated, total	g	3.77			3.21	3.70	13.51
16:1	g	0.27		7	0.23	0.26	0.97
18:1	g	3.50		7	2.98	3.43	12.55
20:1	g	0.00		7	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.38			0.32	0.37	1.35
18:2	g	0.30		7	0.26	0.30	1.08
18:3	g	0.03		7	0.03	0.03	0.12
18:4	g						
20:4	g	0.04		7	0.04	0.04	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84	2.363	7	71	82	301
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.316			0.269	0.310	1.134
Threonine	g	1.234			1.049	1.209	4.421
Isoleucine	g	1.270			1.080	1.245	4.551
Leucine	g	2.233			1.898	2.188	8.000
Lysine	g	2.350			1.998	2.303	8.421
Methionine	g	0.723			0.615	0.709	2.591
Cystine	g	0.316			0.269	0.310	1.134
Phenylalanine	g	1.103			0.937	1.081	3.952
Tyrosine	g	0.949			0.807	0.930	3.401
Valine	g	1.374			1.168	1.347	4.923
Arginine	g	1.785			1.518	1.750	6.397
Histidine	g	0.967			0.822	0.948	3.466
Alanine	g	1.704			1.448	1.670	6.106
Aspartic acid	g	2.581			2.194	2.529	9.247
Glutamic acid	g	4.244			3.608	4.159	15.207
Glycine	g	1.541			1.310	1.510	5.523
Proline	g	1.248			1.060	1.223	4.470
Serine	g	1.080			0.918	1.059	3.871

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[1] One raw steak with refuse weighs 174 g.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 0" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 87 g[1]	Refuse: Connective tissue 2% Separable fat 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.00			51.00	52.14	250.38
Food energy	kcal	206			175	179	861
	kJ	864			734	751	3,604
Protein (N x 6.25)	g	28.25	0.494	10	24.01	24.55	117.89
Total lipid (fat)	g	9.50			8.07	8.26	39.64
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30	0.028	10	1.10	1.13	5.42
Minerals:							
Calcium	mg	7	0.845	9	6	6	29
Iron	mg	3.58	0.241	9	3.04	3.11	14.94
Magnesium	mg	30	0.509	9	25	26	125
Phosphorus	mg	238			202	207	993
Potassium	mg	419	5.563	9	356	364	1,748
Sodium	mg	63	5.260	9	54	55	263
Zinc	mg	5.59	0.218	8	4.75	4.86	23.33
Copper	mg	0.179	0.009	8	0.152	0.156	0.747
Manganese	mg	0.017			0.014	0.015	0.071
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13	0.009	10	0.11	0.11	0.54
Riboflavin	mg	0.30	0.011	9	0.25	0.26	1.24
Niacin	mg	3.92	0.181	10	3.33	3.41	16.37
Pantothenic acid	mg	0.38			0.32	0.33	1.58
Vitamin B-6	mg	0.44			0.37	0.38	1.84
Folate	mcg	7	1.671	10	6	6	29
Vitamin B-12	mcg	2.57	0.385	10	2.18	2.23	10.72
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.55			3.02	3.09	14.82
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		7	0.01	0.01	0.04
12:0	g	0.01		7	0.01	0.01	0.04
14:0	g	0.25		7	0.21	0.21	1.03
16:0	g	2.04		7	1.73	1.77	8.50
18:0	g	1.25		7	1.06	1.09	5.21
Monounsaturated, total	g	3.58			3.05	3.11	14.95
16:1	g	0.26		7	0.22	0.22	1.07
18:1	g	3.33		7	2.83	2.89	13.88
20:1	g	0.00		7	0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.36			0.30	0.31	1.49
18:2	g	0.29		7	0.24	0.25	1.20
18:3	g	0.03		7	0.03	0.03	0.13
18:4	g						
20:4	g	0.04		7	0.03	0.04	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84	2.363	7	71	73	351
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.316			0.269	0.275	1.320
Threonine	g	1.234			1.049	1.072	5.149
Isoleucine	g	1.270			1.080	1.104	5.300
Leucine	g	2.233			1.898	1.940	9.318
Lysine	g	2.350			1.998	2.042	9.808
Methionine	g	0.723			0.615	0.628	3.018
Cystine	g	0.316			0.269	0.275	1.320
Phenylalanine	g	1.103			0.937	0.958	4.602
Tyrosine	g	0.949			0.807	0.825	3.961
Valine	g	1.374			1.168	1.194	5.734
Arginine	g	1.785			1.518	1.552	7.450
Histidine	g	0.967			0.822	0.841	4.036
Alanine	g	1.704			1.448	1.481	7.111
Aspartic acid	g	2.581			2.194	2.243	10.770
Glutamic acid	g	4.244			3.608	3.688	17.711
Glycine	g	1.541			1.310	1.339	6.432
Proline	g	1.248			1.060	1.084	5.206
Serine	g	1.080			0.918	0.939	4.508

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[1] One raw steak with refuse weighs 135 g.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 251 g[1]	Refuse: Connective tissue 2% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	56.92			48.38	142.69	192.84
Food energy	*kcal*	222			189	556	752
	kJ	929			789	2,328	3,147
Protein (N x 6.25)	*g*	27.71			23.55	69.46	93.88
Total lipid (fat)	*g*	11.48			9.76	28.78	38.90
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.39			1.18	3.48	4.70
Minerals:							
Calcium	*mg*	7			6	18	24
Iron	*mg*	3.69			3.14	9.26	12.51
Magnesium	*mg*	27			23	68	92
Phosphorus	*mg*	239			203	600	810
Potassium	*mg*	391			333	981	1,326
Sodium	*mg*	61			52	153	207
Zinc	*mg*	4.79			4.07	12.00	16.22
Copper	*mg*	0.145			0.124	0.364	0.492
Manganese	*mg*	0.016			0.013	0.040	0.054
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.10			0.08	0.25	0.34
Riboflavin	*mg*	0.31			0.26	0.78	1.06
Niacin	*mg*	3.41			2.90	8.55	11.56
Pantothenic acid	*mg*	0.28			0.24	0.70	0.95
Vitamin B-6	*mg*	0.29			0.24	0.72	0.97
Folate	*mcg*	9			8	22	30
Vitamin B-12	*mcg*	2.71			2.30	6.79	9.17
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	4.33			3.68	10.86	14.68
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.01	0.01
12:0	*g*	0.00			0.00	0.01	0.01
14:0	*g*	0.29			0.25	0.73	0.98
16:0	*g*	2.53			2.15	6.34	8.57
18:0	*g*	1.51			1.28	3.78	5.10
Monounsaturated, total	*g*	4.48			3.81	11.23	15.18
16:1	*g*	0.34			0.29	0.86	1.16
18:1	*g*	4.14			3.52	10.37	14.02
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.52			0.44	1.30	1.76
18:2	*g*	0.41			0.35	1.02	1.38
18:3	*g*	0.05			0.04	0.12	0.16
18:4	*g*						
20:4	*g*	0.06			0.05	0.16	0.22
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	83			70	207	280
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.310			0.264	0.778	1.051
Threonine	*g*	1.210			1.029	3.034	4.100
Isoleucine	*g*	1.246			1.059	3.123	4.221
Leucine	*g*	2.190			1.862	5.490	7.420
Lysine	*g*	2.305			1.960	5.779	7.810
Methionine	*g*	0.709			0.603	1.778	2.403
Cystine	*g*	0.310			0.264	0.778	1.051
Phenylalanine	*g*	1.082			0.919	2.712	3.665
Tyrosine	*g*	0.931			0.791	2.334	3.154
Valine	*g*	1.348			1.146	3.379	4.566
Arginine	*g*	1.751			1.488	4.390	5.933
Histidine	*g*	0.949			0.806	2.378	3.214
Alanine	*g*	1.671			1.421	4.190	5.663
Aspartic acid	*g*	2.531			2.152	6.346	8.576
Glutamic acid	*g*	4.163			3.538	10.436	14.104
Glycine	*g*	1.512			1.285	3.790	5.122
Proline	*g*	1.224			1.040	3.068	4.146
Serine	*g*	1.060			0.901	2.656	3.590

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 96 g[1]	Refuse: Connective tissue 5% Separable fat 17%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.20			50.32	56.83	209.45
Food energy	kcal	222			188	213	784
	kJ	928			789	891	3,283
Protein (N x 6.25)	g	28.25			24.01	27.12	99.95
Total lipid (fat)	g	11.20			9.52	10.75	39.63
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			.00	0.00	0.00
Ash	g	1.30			1.10	1.25	4.60
Minerals:							
Calcium	mg	7			6	7	25
Iron	mg	3.58			3.04	3.44	12.67
Magnesium	mg	30			25	29	106
Phosphorus	mg	238			202	228	842
Potassium	mg	419			356	402	1,482
Sodium	mg	63			54	60	223
Zinc	mg	5.59			4.75	5.37	19.78
Copper	mg	0.179			0.152	0.172	0.633
Manganese	mg	0.017			0.014	0.016	0.060
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13			0.11	0.12	0.46
Riboflavin	mg	0.30			0.25	0.29	1.05
Niacin	mg	3.92			3.33	3.77	13.88
Pantothenic acid	mg	0.38			0.32	0.36	1.34
Vitamin B-6	mg	0.44			0.37	0.42	1.56
Folate	mcg	7			6	7	25
Vitamin B-12	mcg	2.57			2.18	2.47	9.09
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.19			3.56	4.02	14.81
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.04
12:0	g	0.01			0.01	0.01	0.04
14:0	g	0.29			0.25	0.28	1.02
16:0	g	2.40			2.04	2.31	8.50
18:0	g	1.47			1.25	1.41	5.21
Monounsaturated, total	g	4.22			3.59	4.05	14.94
16:1	g	0.30			0.26	0.29	1.07
18:1	g	3.92			3.33	3.76	13.88
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.42			0.36	0.41	1.49
18:2	g	0.34			0.29	0.32	1.20
18:3	g	0.04			0.03	0.03	0.13
18:4	g						
20:4	g	0.05			0.04	0.05	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	81	297
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.316			0.269	0.304	1.119
Threonine	g	1.234			1.049	1.185	4.366
Isoleucine	g	1.270			1.080	1.219	4.494
Leucine	g	2.233			1.898	2.144	7.900
Lysine	g	2.350			1.998	2.256	8.316
Methionine	g	0.723			0.615	0.694	2.559
Cystine	g	0.316			0.269	0.304	1.119
Phenylalanine	g	1.103			0.937	1.059	3.902
Tyrosine	g	0.949			0.807	0.911	3.358
Valine	g	1.374			1.168	1.319	4.861
Arginine	g	1.785			1.518	1.714	6.317
Histidine	g	0.967			0.822	0.929	3.422
Alanine	g	1.704			1.448	1.636	6.029
Aspartic acid	g	2.581			2.194	2.478	9.131
Glutamic acid	g	4.244			3.608	4.075	15.016
Glycine	g	1.541			1.310	1.480	5.453
Proline	g	1.248			1.060	1.198	4.414
Serine	g	1.080			0.918	1.037	3.822

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[1] One raw steak with refuse weighs 174 g.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 85 g[1]	Refuse: Connective tissue 3% Separable fat 7%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.80			50.83	50.83	244.10
Food energy	kcal	212			180	180	864
	kJ	886			753	753	3,618
Protein (N x 6.25)	g	28.25			24.01	24.01	115.32
Total lipid (fat)	g	10.10			8.58	8.58	41.23
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30			1.10	1.10	5.31
Minerals:							
Calcium	mg	7			6	6	29
Iron	mg	3.58			3.04	3.04	14.61
Magnesium	mg	30			25	25	122
Phosphorus	mg	238			202	202	972
Potassium	mg	419			356	356	1,710
Sodium	mg	63			54	54	257
Zinc	mg	5.59			4.75	4.75	22.82
Copper	mg	0.179			0.152	0.152	0.731
Manganese	mg	0.017			0.014	0.014	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13			0.11	0.11	0.53
Riboflavin	mg	0.30			0.25	0.25	1.22
Niacin	mg	3.92			3.33	3.33	16.01
Pantothenic acid	mg	0.38			0.32	0.32	1.54
Vitamin B-6	mg	0.44			0.37	0.37	1.80
Folate	mcg	7			6	6	29
Vitamin B-12	mcg	2.57			2.18	2.18	10.49
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.78			3.21	3.21	15.41
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.04
12:0	g	0.01			0.01	0.01	0.04
14:0	g	0.26			0.22	0.22	1.07
16:0	g	2.17			1.84	1.84	8.84
18:0	g	1.33			1.13	1.13	5.42
Monounsaturated, total	g	3.81			3.24	3.24	15.55
16:1	g	0.27			0.23	0.23	1.11
18:1	g	3.54			3.01	3.01	14.44
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.38			0.32	0.32	1.55
18:2	g	0.30			0.26	0.26	1.24
18:3	g	0.03			0.03	0.03	0.13
18:4	g						
20:4	g	0.04			0.04	0.04	0.18
20:5	g						
22:5	g						
22.6	g						
Cholesterol	mg	84			71	71	343
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.316			0.269	0.269	1.292
Threonine	g	1.234			1.049	1.049	5.037
Isoleucine	g	1.270			1.080	1.080	5.185
Leucine	g	2.233			1.898	1.898	9.115
Lysine	g	2.350			1.998	1.998	9.594
Methionine	g	0.723			0.615	0.615	2.952
Cystine	g	0.316			0.269	0.269	1.292
Phenylalanine	g	1.103			0.937	0.937	4.502
Tyrosine	g	0.949			0.807	0.807	3.875
Valine	g	1.374			1.168	1.168	5.609
Arginine	g	1.785			1.518	1.518	7.288
Histidine	g	0.967			0.822	0.822	3.948
Alanine	g	1.704			1.448	1.448	6.956
Aspartic acid	g	2.581			2.194	2.194	10.535
Glutamic acid	g	4.244			3.608	3.608	17.325
Glycine	g	1.541			1.310	1.310	6.292
Proline	g	1.248			1.060	1.060	5.092
Serine	g	1.080			0.918	0.918	4.410

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[1] One raw steak with refuse weighs 135 g.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 250 g[1]	Refuse: Connective tissue 2% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.43			47.97	141.09	189.39
Food energy	kcal	231			196	578	775
	kJ	967			822	2,418	3,246
Protein (N x 6.25)	g	27.71			23.55	69.27	92.99
Total lipid (fat)	g	12.50			10.62	31.25	41.95
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.39			1.18	3.47	4.65
Minerals:							
Calcium	mg	8			7	20	27
Iron	mg	3.69			3.14	9.23	12.39
Magnesium	mg	32			27	80	107
Phosphorus	mg	281			239	703	944
Potassium	mg	489			416	1,223	1,642
Sodium	mg	72			61	180	242
Zinc	mg	4.79			4.07	11.97	16.06
Copper	mg	0.145			0.124	0.363	0.488
Manganese	mg	0.019			0.016	0.047	0.063
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.18			0.15	0.45	0.61
Riboflavin	mg	0.33			0.28	0.82	1.10
Niacin	mg	4.55			3.87	11.37	15.26
Pantothenic acid	mg	0.47			0.40	1.16	1.56
Vitamin B-6	mg	0.57			0.49	1.43	1.92
Folate	mcg	9			8	23	31
Vitamin B-12	mcg	3.87			3.29	9.67	12.98
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.72			4.01	11.79	15.83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.01	0.04	0.06
12:0	g	0.02			0.01	0.04	0.05
14:0	g	0.33			0.28	0.83	1.11
16:0	g	2.72			2.31	6.79	9.12
18:0	g	1.64			1.39	4.09	5.49
Monounsaturated, total	g	4.77			4.06	11.94	16.02
16:1	g	0.37			0.31	0.91	1.23
18:1	g	4.41			3.75	11.02	14.79
20:1	g	0.00			0.00	0.00	0.01
22:1	g						
Polyunsaturated, total	g	0.47			0.40	1.17	1.58
18:2	g	0.37			0.31	0.92	1.23
18:3	g	0.05			0.04	0.13	0.18
18:4	g						
20:4	g	0.05			0.04	0.12	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			70	207	277
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.310			0.264	0.775	1.041
Threonine	g	1.210			1.029	3.026	4.062
Isoleucine	g	1.246			1.059	3.114	4.181
Leucine	g	2.190			1.862	5.475	7.350
Lysine	g	2.305			1.960	5.763	7.737
Methionine	g	0.709			0.603	1.773	2.381
Cystine	g	0.310			0.264	0.776	1.041
Phenylalanine	g	1.082			0.919	2.704	3.630
Tyrosine	g	0.931			0.791	2.327	3.124
Valine	g	1.348			1.146	3.369	4.523
Arginine	g	1.751			1.488	4.378	5.877
Histidine	g	0.949			0.806	2.372	3.184
Alanine	g	1.671			1.421	4.178	5.609
Aspartic acid	g	2.531			2.152	6.329	8.495
Glutamic acid	g	4.163			3.536	10.407	13.971
Glycine	g	1.512			1.285	3.779	5.073
Proline	g	1.224			1.040	3.059	4.106
Serine	g	1.060			0.901	2.649	3.556

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 99 g[1]	Refuse: Connective tissue 5% Separable fat 15%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.00			51.85	60.39	221.31
Food energy	kcal	199			169	197	722
	kJ	833			708	825	3,024
Protein (N x 6.25)	g	28.25			24.01	27.97	102.49
Total lipid (fat)	g	8.70			7.39	8.61	31.56
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30			1.10	1.29	4.72
Minerals:							
Calcium	mg	7			6	7	25
Iron	mg	3.58			3.04	3.54	12.99
Magnesium	mg	30			25	30	109
Phosphorus	mg	238			202	236	863
Potassium	mg	419			356	415	1,520
Sodium	mg	63			54	62	229
Zinc	mg	5.59			4.75	5.53	20.28
Copper	mg	0.179			0.152	0.177	0.649
Manganese	mg	0.017			0.014	0.017	0.062
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13			0.11	0.13	0.47
Riboflavin	mg	0.30			0.25	0.30	1.08
Niacin	mg	3.92			3.33	3.88	14.23
Pantothenic acid	mg	0.38			0.32	0.37	1.37
Vitamin B-6	mg	0.44			0.37	0.44	1.60
Folate	mcg	7			6	7	25
Vitamin B-12	mcg	2.57			2.18	2.54	9.32
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.25			2.76	3.22	11.80
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.03
12:0	g	0.01			0.01	0.01	0.03
14:0	g	0.22			0.19	0.22	0.82
16:0	g	1.87			1.59	1.85	6.77
18:0	g	1.14			0.97	1.13	4.15
Monounsaturated, total	g	3.28			2.79	3.25	11.90
16:1	g	0.23			0.20	0.23	0.85
18:1	g	3.05			2.59	3.02	11.05
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.33			0.28	0.32	1.19
18:2	g	0.26			0.22	0.26	0.95
18:3	g	0.03			0.02	0.03	0.10
18:4	g						
20:4	g	0.04			0.03	0.04	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	83	305
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.316			0.269	0.313	1.148
Threonine	g	1.234			1.049	1.222	4.477
Isoleucine	g	1.270			1.080	1.257	4.608
Leucine	g	2.233			1.898	2.211	8.101
Lysine	g	2.350			1.998	2.327	8.527
Methionine	g	0.723			0.615	0.716	2.624
Cystine	g	0.316			0.269	0.313	1.148
Phenylalanine	g	1.103			0.937	1.092	4.001
Tyrosine	g	0.949			0.807	0.940	3.444
Valine	g	1.374			1.168	1.360	4.985
Arginine	g	1.785			1.518	1.768	6.477
Histidine	g	0.967			0.822	0.958	3.509
Alanine	g	1.704			1.448	1.687	6.182
Aspartic acid	g	2.581			2.194	2.555	9.364
Glutamic acid	g	4.244			3.608	4.202	15.398
Glycine	g	1.541			1.310	1.526	5.592
Proline	g	1.248			1.060	1.235	4.526
Serine	g	1.080			0.918	1.069	3.919

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[1] One raw steak with refuse weighs 174 g.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 87 g[1]	Refuse: Connective tissue 2% Separable fat 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.40			51.34	52.55	252.05
Food energy	kcal	200			170	174	835
	kJ	837			712	728	3,494
Protein (N x 6.25)	g	28.25			24.01	24.58	117.89
Total lipid (fat)	g	8.80			7.48	7.66	36.72
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30			1.10	1.13	5.42
Minerals:							
Calcium	mg	7			6	6	29
Iron	mg	3.58			3.04	3.11	14.94
Magnesium	mg	30			25	26	125
Phosphorus	mg	238			202	207	993
Potassium	mg	419			356	365	1,748
Sodium	mg	63			54	55	263
Zinc	mg	5.59			4.75	4.86	23.33
Copper	mg	0.179			0.152	0.156	0.747
Manganese	mg	0.017			0.014	0.015	0.071
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13			0.11	0.11	0.54
Riboflavin	mg	0.30			0.25	0.26	1.24
Niacin	mg	3.92			3.33	3.41	16.37
Pantothenic acid	mg	0.38			0.32	0.33	1.58
Vitamin B-6	mg	0.44			0.37	0.38	1.84
Folate	mcg	7			6	6	29
Vitamin B-12	mcg	2.57			2.18	2.24	10.72
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.29			2.80	2.86	13.73
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.01	0.04
12:0	g	0.01			0.01	0.01	0.04
14:0	g	0.23			0.19	0.20	0.95
16:0	g	1.89			1.60	1.64	7.87
18:0	g	1.16			0.98	1.01	4.83
Monounsaturated, total	g	3.32			2.82	2.89	13.85
16:1	g	0.24			0.20	0.21	0.99
18:1	g	3.08			2.62	2.68	12.86
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.33			0.28	0.29	1.38
18:2	g	0.27			0.23	0.23	1.11
18:3	g	0.03			0.02	0.02	0.12
18:4	g						
20:4	g	0.04			0.03	0.03	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	84			71	73	351
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.316			0.269	0.275	1.320
Threonine	g	1.234			1.049	1.074	5.149
Isoleucine	g	1.270			1.080	1.105	5.300
Leucine	g	2.233			1.898	1.943	9.318
Lysine	g	2.350			1.998	2.045	9.808
Methionine	g	0.723			0.615	0.629	3.018
Cystine	g	0.316			0.269	0.275	1.320
Phenylalanine	g	1.103			0.937	0.960	4.602
Tyrosine	g	0.949			0.807	0.826	3.961
Valine	g	1.374			1.168	1.195	5.734
Arginine	g	1.785			1.518	1.553	7.450
Histidine	g	0.967			0.822	0.842	4.036
Alanine	g	1.704			1.448	1.483	7.111
Aspartic acid	g	2.581			2.194	2.245	10.770
Glutamic acid	g	4.244			3.608	3.693	17.711
Glycine	g	1.541			1.310	1.341	6.432
Proline	g	1.248			1.060	1.085	5.206
Serine	g	1.080			0.918	0.940	4.508

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[1] One raw steak with refuse weighs 135 g.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 251 g[1]	Refuse: Connective tissue 2% Separable fat 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.55			48.92	144.56	195.26
Food energy	kcal	211			180	531	717
	kJ	885			752	2,223	3,002
Protein (N x 6.25)	g	27.71			23.55	69.60	94.01
Total lipid (fat)	g	10.32			8.77	25.92	35.01
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.39			1.18	3.48	4.70
Minerals:							
Calcium	mg	7			6	18	24
Iron	mg	3.69			3.14	9.28	12.53
Magnesium	mg	27			23	68	92
Phosphorus	mg	239			203	601	811
Potassium	mg	391			333	983	1,328
Sodium	mg	61			52	154	208
Zinc	mg	4.79			4.07	12.02	16.24
Copper	mg	0.145			0.124	0.365	0.493
Manganese	mg	0.016			0.013	0.040	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.08	0.25	0.34
Riboflavin	mg	0.31			0.26	0.78	1.06
Niacin	mg	3.41			2.90	8.57	11.57
Pantothenic acid	mg	0.28			0.24	0.70	0.95
Vitamin B-6	mg	0.29			0.24	0.72	0.97
Folate	mcg	9			8	22	30
Vitamin B-12	mcg	2.71			2.30	6.80	9.18
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.89			3.31	9.78	13.21
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.01	0.01
12:0	g	0.00			0.00	0.01	0.01
14:0	g	0.26			0.22	0.66	0.88
16:0	g	2.27			1.93	5.71	7.71
18:0	g	1.35			1.15	3.40	4.59
Monounsaturated, total	g	4.03			3.42	10.12	13.66
16:1	g	0.31			0.26	0.77	1.04
18:1	g	3.72			3.16	9.34	12.62
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.47			0.40	1.17	1.58
18:2	g	0.37			0.31	0.92	1.24
18:3	g	0.04			0.04	0.11	0.14
18:4	g						
20:4	g	0.06			0.05	0.15	0.20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	83			70	208	280
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.310			0.264	0.780	1.053
Threonine	g	1.210			1.029	3.040	4.107
Isoleucine	g	1.246			1.059	3.129	4.227
Leucine	g	2.190			1.862	5.501	7.431
Lysine	g	2.305			1.960	5.791	7.822
Methionine	g	0.709			0.603	1.782	2.407
Cystine	g	0.310			0.264	0.780	1.053
Phenylalanine	g	1.082			0.919	2.717	3.670
Tyrosine	g	0.931			0.791	2.339	3.159
Valine	g	1.348			1.146	3.385	4.573
Arginine	g	1.751			1.488	4.399	5.942
Histidine	g	0.949			0.806	2.383	3.219
Alanine	g	1.671			1.421	4.198	5.671
Aspartic acid	g	2.531			2.152	6.359	8.589
Glutamic acid	g	4.163			3.538	10.457	14.125
Glycine	g	1.512			1.285	3.798	5.129
Proline	g	1.224			1.040	3.074	4.152
Serine	g	1.060			0.901	2.662	3.595

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 raw steak yields 98 g[1]	Refuse: Connective tissue 3% Separable fat 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	58.65			49.85	57.48	207.50
Food energy	*kcal*	232			197	227	821
	kJ	972			826	952	3,438
Protein (N x 6.25)	*g*	28.25			24.01	27.68	99.95
Total lipid (fat)	*g*	12.36			10.51	12.11	43.73
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.30			1.10	1.27	4.60
Minerals:							
Calcium	*mg*	7			6	7	25
Iron	*mg*	3.58			3.04	3.51	12.67
Magnesium	*mg*	30			25	29	106
Phosphorus	*mg*	238			202	233	842
Potassium	*mg*	419			356	411	1,482
Sodium	*mg*	63			54	62	223
Zinc	*mg*	5.59			4.75	5.48	19.78
Copper	*mg*	0.179			0.152	0.175	0.633
Manganese	*mg*	0.017			0.014	0.017	0.060
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.13			0.11	0.13	0.46
Riboflavin	*mg*	0.30			0.25	0.29	1.05
Niacin	*mg*	3.92			3.33	3.84	13.88
Pantothenic acid	*mg*	0.38			0.32	0.37	1.34
Vitamin B-6	*mg*	0.44			0.37	0.43	1.56
Folate	*mcg*	7			6	7	25
Vitamin B-12	*mcg*	2.57			2.18	2.52	9.09
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	4.83			4.11	4.73	17.09
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.01			0.01	0.01	0.04
12:0	*g*	0.01			0.01	0.01	0.04
14:0	*g*	0.32			0.27	0.31	1.13
16:0	*g*	2.65			2.25	2.60	9.38
18:0	*g*	1.62			1.38	1.59	5.73
Monounsaturated, total	*g*	4.81			4.09	4.71	17.02
16:1	*g*	0.33			0.28	0.32	1.17
18:1	*g*	4.33			3.68	4.24	15.32
20:1	*g*	0.00			0.00	0.00	0.00
22:1	*g*						
Polyunsaturated, total	*g*	0.49			0.42	0.48	1.73
18:2	*g*	0.38			0.32	0.37	1.34
18:3	*g*	0.03			0.03	0.03	0.11
18:4	*g*						
20:4	*g*	0.06			0.05	0.06	0.21
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	84			71	82	297
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.316			0.269	0.310	1.119
Threonine	*g*	1.234			1.049	1.209	4.366
Isoleucine	*g*	1.270			1.080	1.245	4.494
Leucine	*g*	2.233			1.898	2.188	7.900
Lysine	*g*	2.350			1.998	2.303	8.316
Methionine	*g*	0.723			0.615	0.709	2.559
Cystine	*g*	0.316			0.269	0.310	1.119
Phenylalanine	*g*	1.103			0.937	1.081	3.902
Tyrosine	*g*	0.949			0.807	0.930	3.358
Valine	*g*	1.374			1.168	1.347	4.861
Arginine	*g*	1.785			1.518	1.750	6.317
Histidine	*g*	0.967			0.822	0.948	3.422
Alanine	*g*	1.704			1.448	1.670	6.029
Aspartic acid	*g*	2.581			2.194	2.529	9.131
Glutamic acid	*g*	4.244			3.608	4.159	15.016
Glycine	*g*	1.541			1.310	1.510	5.453
Proline	*g*	1.248			1.060	1.223	4.414
Serine	*g*	1.080			0.918	1.059	3.822

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[1] One raw steak with refuse weighs 174 g.

BEEF, TENDERLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Prime, Cooked, roasted

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 250 g[1]	Refuse: Connective tissue 3% Separable fat 22%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.03			47.63	140.07	189.33
Food energy	kcal	255			217	638	863
	kJ	1,069			908	2,672	3,611
Protein (N x 6.25)	g	27.54			23.41	68.84	93.05
Total lipid (fat)	g	15.27			12.98	38.17	51.60
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.16			0.99	2.90	3.92
Minerals:							
Calcium	mg	7			6	18	24
Iron	mg	3.66			3.11	9.15	12.37
Magnesium	mg	27			23	68	91
Phosphorus	mg	236			201	590	797
Potassium	mg	393			334	983	1,328
Sodium	mg	59			50	148	199
Zinc	mg	5.17			4.39	12.92	17.47
Copper	mg	0.167			0.142	0.417	0.564
Manganese	mg	0.016			0.014	0.040	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.10			0.09	0.26	0.35
Riboflavin	mg	0.32			0.27	0.80	1.08
Niacin	mg	3.39			2.88	8.47	11.45
Pantothenic acid	mg	0.45			0.39	1.13	1.53
Vitamin B-6	mg	0.38			0.32	0.96	1.28
Folate	mcg	8			7	20	27
Vitamin B-12	mcg	2.77			2.35	6.92	9.36
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.97			5.07	14.93	20.17
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.03	0.03
12:0	g	0.01			0.01	0.03	0.03
14:0	g	0.40			0.34	1.00	1.35
16:0	g	3.27			2.78	8.18	11.05
18:0	g	2.00			1.70	5.00	6.76
Monounsaturated, total	g	5.94			5.05	14.85	20.07
16:1	g	0.41			0.35	1.03	1.39
18:1	g	5.34			4.54	13.35	18.04
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.60			0.51	1.50	2.03
18:2	g	0.47			0.40	1.18	1.59
18:3	g	0.04			0.03	0.10	0.14
18:4	g						
20:4	g	0.07			0.06	0.18	0.24
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	86			73	215	291
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.308			0.262	0.771	1.042
Threonine	g	1.203			1.022	3.007	4.064
Isoleucine	g	1.238			1.052	3.095	4.183
Leucine	g	2.177			1.850	5.441	7.355
Lysine	g	2.291			1.947	5.728	7.742
Methionine	g	0.705			0.599	1.762	2.382
Cystine	g	0.308			0.262	0.771	1.042
Phenylalanine	g	1.075			0.914	2.688	3.633
Tyrosine	g	0.925			0.786	2.313	3.126
Valine	g	1.339			1.139	3.349	4.526
Arginine	g	1.740			1.479	4.351	5.881
Histidine	g	0.943			0.801	2.357	3.186
Alanine	g	1.661			1.412	4.153	5.613
Aspartic acid	g	2.516			2.138	6.290	8.501
Glutamic acid	g	4.137			3.517	10.343	13.980
Glycine	g	1.502			1.277	3.756	5.077
Proline	g	1.216			1.034	3.040	4.109
Serine	g	1.053			0.895	2.633	3.558

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	63.46			287.86	17.99	273.46
Food energy	*kcal*	217			986	62	937
	kJ	910			4,129	258	3,922
Protein (N x 6.25)	*g*	19.15			86.88	5.43	82.53
Total lipid (fat)	*g*	15.04			68.21	4.26	64.80
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.95			4.32	0.27	4.10
Minerals:							
Calcium	*mg*	7			34	2	32
Iron	*mg*	2.38			10.79	0.67	10.25
Magnesium	*mg*	21			94	6	89
Phosphorus	*mg*	186			842	53	800
Potassium	*mg*	314			1,423	89	1,352
Sodium	*mg*	53			242	15	230
Zinc	*mg*	3.64			16.50	1.03	15.67
Copper	*mg*	0.086			0.390	0.024	0.370
Manganese	*mg*	0.013			0.059	0.004	0.056
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.12			0.53	0.03	0.51
Riboflavin	*mg*	0.21			0.93	0.06	0.89
Niacin	*mg*	3.22			14.60	0.91	13.87
Pantothenic acid	*mg*	0.32			1.46	0.09	1.38
Vitamin B-6	*mg*	0.40			1.80	0.11	1.71
Folate	*mcg*	7			33	2	31
Vitamin B-12	*mcg*	2.90			13.14	0.82	12.48
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	6.01			27.26	1.70	25.89
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.05			0.22	0.01	0.21
12:0	*g*	0.03			0.15	0.01	0.14
14:0	*g*	0.47			2.13	0.13	2.03
16:0	*g*	3.62			16.43	1.03	15.60
18:0	*g*	1.83			8.32	0.52	7.91
Monounsaturated, total	*g*	6.42			29.14	1.82	27.68
16:1	*g*	0.73			3.31	0.21	3.15
18:1	*g*	5.68			25.74	1.61	24.46
20:1	*g*	0.02			0.08	0.00	0.08
22:1	*g*						
Polyunsaturated, total	*g*	0.59			2.66	0.17	2.52
18:2	*g*	0.38			1.71	0.11	1.63
18:3	*g*	0.18			0.81	0.05	0.77
18:4	*g*						
20:4	*g*	0.03			0.13	0.01	0.13
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	67			304	19	289
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.215			0.973	0.061	0.924
Threonine	*g*	0.837			3.795	0.237	3.605
Isoleucine	*g*	0.861			3.906	0.244	3.711
Leucine	*g*	1.514			6.867	0.429	6.523
Lysine	*g*	1.594			7.228	0.452	6.867
Methionine	*g*	0.490			2.224	0.139	2.113
Cystine	*g*	0.215			0.973	0.061	0.924
Phenylalanine	*g*	0.746			3.382	0.212	3.222
Tyrosine	*g*	0.644			2.919	0.182	2.773
Valine	*g*	0.932			4.226	0.264	4.014
Arginine	*g*	1.210			5.491	0.343	5.216
Histidine	*g*	0.656			2.975	0.186	2.826
Alanine	*g*	1.155			5.241	0.328	4.978
Aspartic acid	*g*	1.750			7.937	0.496	7.540
Glutamic acid	*g*	2.878			13.053	0.816	12.400
Glycine	*g*	1.045			4.740	0.296	4.503
Proline	*g*	0.846			3.837	0.240	3.645
Serine	*g*	0.732			3.322	0.208	3.156

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 306 g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.53			48.05	172.98	243.58
Food energy	kcal	258			219	789	1,110
	kJ	1,079			917	3,301	4,648
Protein (N x 6.25)	g	27.81			23.63	85.08	119.81
Total lipid (fat)	g	15.41			13.10	47.15	66.39
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.25			1.06	3.83	5.39
Minerals:							
Calcium	mg	11			10	35	49
Iron	mg	3.06			2.60	9.37	13.19
Magnesium	mg	29			24	88	123
Phosphorus	mg	222			189	680	957
Potassium	mg	366			311	1,120	1,577
Sodium	mg	63			53	192	270
Zinc	mg	5.85			4.98	17.91	25.23
Copper	mg	0.133			0.113	0.407	0.573
Manganese	mg	0.016			0.013	0.048	0.068
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.35	0.49
Riboflavin	mg	0.27			0.23	0.82	1.16
Niacin	mg	3.93			3.34	12.02	16.92
Pantothenic acid	mg	0.36			0.30	1.09	1.54
Vitamin B-6	mg	0.41			0.35	1.25	1.77
Folate	mcg	9			8	28	39
Vitamin B-12	mcg	2.69			2.29	8.23	11.59
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.14			5.22	18.80	26.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.11	0.15
12:0	g	0.04			0.03	0.12	0.17
14:0	g	0.47			0.40	1.44	2.03
16:0	g	3.72			3.16	11.37	16.01
18:0	g	1.88			1.60	5.76	8.11
Monounsaturated, total	g	6.63			5.63	20.28	28.55
16:1	g	0.60			0.51	1.84	2.59
18:1	g	6.00			5.10	18.35	25.84
20:1	g	0.03			0.02	0.09	0.13
22:1	g						
Polyunsaturated, total	g	0.59			0.50	1.80	2.54
18:2	g	0.40			0.34	1.24	1.74
18:3	g	0.15			0.13	0.46	0.64
18:4	g						
20:4	g	0.04			0.03	0.11	0.15
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	275	387
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.311			0.265	0.953	1.342
Threonine	g	1.215			1.032	3.716	5.233
Isoleucine	g	1.250			1.063	3.825	5.387
Leucine	g	2.198			1.868	6.725	9.470
Lysine	g	2.313			1.966	7.079	9.968
Methionine	g	0.712			0.605	2.178	3.067
Cystine	g	0.311			0.265	0.953	1.342
Phenylalanine	g	1.086			0.323	3.322	4.677
Tyrosine	g	0.934			0.794	2.859	4.026
Valine	g	1.352			1.150	4.138	5.828
Arginine	g	1.757			1.494	5.377	7.572
Histidine	g	0.952			0.809	2.913	4.102
Alanine	g	1.677			1.426	5.132	7.227
Aspartic acid	g	2.540			2.159	7.773	10.946
Glutamic acid	g	4.177			3.551	12.783	18.001
Glycine	g	1.517			1.289	4.642	6.537
Proline	g	1.228			1.044	3.757	5.291
Serine	g	1.063			0.904	3.254	4.582

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 305 g[1]	Refuse: Connective tissue 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.45			50.53	181.32	258.90
Food energy	kcal	215			183	657	938
	kJ	902			767	2,751	3,928
Protein (N x 6.25)	g	29.38			24.98	89.62	127.96
Total lipid (fat)	g	9.98			8.48	30.43	43.45
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.32			1.13	4.04	5.77
Minerals:							
Calcium	mg	11			9	34	49
Iron	mg	3.24			2.76	9.90	14.13
Magnesium	mg	31			26	94	134
Phosphorus	mg	236			200	719	1,026
Potassium	mg	389			330	1,186	1,693
Sodium	mg	65			55	197	282
Zinc	mg	6.26			5.32	19.11	27.28
Copper	mg	0.141			0.120	0.430	0.614
Manganese	mg	0.016			0.014	0.050	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.10	0.37	0.53
Riboflavin	mg	0.28			0.24	0.87	1.24
Niacin	mg	4.14			3.52	12.64	18.05
Pantothenic acid	mg	0.38			0.32	1.14	1.63
Vitamin B-6	mg	0.43			0.37	1.33	1.89
Folate	mcg	10			8	29	42
Vitamin B-12	mcg	2.79			2.37	8.50	12.14
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.94			3.35	12.02	17.16
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.04	0.06
12:0	g	0.02			0.02	0.06	0.09
14:0	g	0.29			0.24	0.88	1.25
16:0	g	2.34			1.99	7.13	10.18
18:0	g	1.28			1.09	3.91	5.58
Monounsaturated, total	g	4.27			3.63	13.04	18.61
16:1	g	0.36			0.30	1.09	1.55
18:1	g	3.90			3.32	11.90	16.99
20:1	g	0.02			0.01	0.05	0.07
22:1	g						
Polyunsaturated, total	g	0.38			0.33	1.17	1.67
18:2	g	0.28			0.24	0.86	1.22
18:3	g	0.07			0.06	0.20	0.29
18:4	g						
20:4	g	0.04			0.03	0.11	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			76	272	389
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.329			0.280	1.004	1.433
Threonine	g	1.283			1.091	3.914	5.589
Isoleucine	g	1.321			1.123	4.029	5.753
Leucine	g	2.322			1.974	7.083	10.114
Lysine	g	2.445			2.078	7.456	10.646
Methionine	g	0.752			0.639	2.294	3.276
Cystine	g	0.323			0.280	1.004	1.433
Phenylalanine	g	1.147			0.975	3.499	4.996
Tyrosine	g	0.987			0.839	3.011	4.300
Valine	g	1.429			1.215	4.359	6.224
Arginine	g	1.857			1.578	5.664	8.087
Histidine	g	1.006			0.855	3.068	4.381
Alanine	g	1.772			1.507	5.406	7.719
Aspartic acid	g	2.684			2.282	8.187	11.691
Glutamic acid	g	4.414			3.752	13.464	19.225
Glycine	g	1.603			1.363	4.890	6.982
Proline	g	1.298			1.103	3.957	5.651
Serine	g	1.124			0.955	3.427	4.893

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.70			284.40	17.77	270.16
Food energy	kcal	227			1,031	64	980
	kJ	952			4,317	270	4,101
Protein (N x 6.25)	g	19.02			86.29	5.39	81.97
Total lipid (fat)	g	16.20			73.49	4.59	69.81
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.94			4.28	0.27	4.07
Minerals:							
Calcium	mg	8			34	2	32
Iron	mg	2.36			10.71	0.67	10.17
Magnesium	mg	20			93	6	88
Phosphorus	mg	184			836	52	794
Potassium	mg	311			1,410	88	1,339
Sodium	mg	53			241	15	229
Zinc	mg	3.61			16.36	1.02	15.54
Copper	mg	0.085			0.387	0.024	0.368
Manganese	mg	0.013			0.057	0.004	0.054
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.53	0.03	0.50
Riboflavin	mg	0.20			0.92	0.06	0.88
Niacin	mg	3.20			14.51	0.91	13.78
Pantothenic acid	mg	0.32			1.45	0.09	1.37
Vitamin B-6	mg	0.39			1.79	0.11	1.70
Folate	mcg	7			32	2	31
Vitamin B-12	mcg	2.88			13.06	0.82	12.41
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	6.46			29.32	1.83	27.85
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.24	0.01	0.23
12:0	g	0.04			0.16	0.01	0.15
14:0	g	0.51			2.29	0.14	2.18
16:0	g	3.89			17.67	1.10	16.78
18:0	g	1.98			8.98	0.56	8.51
Monounsaturated, total	g	6.91			31.36	1.96	29.79
16:1	g	0.78			3.55	0.22	3.37
18:1	g	6.11			27.73	1.73	26.34
20:1	g	0.02			0.08	0.01	0.08
22:1	g						
Polyunsaturated, total	g	0.63			2.87	0.18	2.73
18:2	g	0.41			1.86	0.12	1.77
18:3	g	0.19			0.86	0.05	0.82
18:4	g						
20:4	g	0.03			0.15	0.01	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			306	19	291
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.213			0.966	0.060	0.918
Threonine	g	0.831			3.769	0.236	3.580
Isoleucine	g	0.855			3.880	0.242	3.685
Leucine	g	1.504			6.820	0.426	6.479
Lysine	g	1.583			7.179	0.449	6.820
Methionine	g	0.487			2.209	0.138	2.098
Cystine	g	0.213			0.966	0.060	0.918
Phenylalanine	g	0.743			3.369	0.211	3.200
Tyrosine	g	0.639			2.899	0.181	2.754
Valine	g	0.925			4.197	0.262	3.987
Arginine	g	1.202			5.453	0.341	5.181
Histidine	g	0.651			2.955	0.185	2.807
Alanine	g	1.147			5.205	0.325	4.944
Aspartic acid	g	1.738			7.883	0.493	7.489
Glutamic acid	g	2.858			12.964	0.810	12.315
Glycine	g	1.038			4.708	0.294	4.472
Proline	g	0.840			3.811	0.238	3.620
Serine	g	0.727			3.300	0.206	3.135

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 306 g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.58			47.24	170.07	239.48
Food energy	kcal	269			228	822	1,158
	kJ	1,125			956	3,443	4,848
Protein (N x 6.25)	g	27.61			23.47	84.48	118.96
Total lipid (fat)	g	16.73			14.22	51.18	72.07
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.24			1.06	3.80	5.35
Minerals:							
Calcium	mg	11			10	35	49
Iron	mg	3.04			2.58	9.30	13.09
Magnesium	mg	28			24	87	122
Phosphorus	mg	220			187	675	950
Potassium	mg	363			309	1,112	1,565
Sodium	mg	62			53	191	269
Zinc	mg	5.80			4.93	17.76	25.01
Copper	mg	0.132			0.112	0.403	0.568
Manganese	mg	0.016			0.013	0.048	0.067
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.35	0.49
Riboflavin	mg	0.27			0.23	0.81	1.15
Niacin	mg	3.90			3.31	11.93	16.80
Pantothenic acid	mg	0.36			0.30	1.08	1.53
Vitamin B-6	mg	0.41			0.35	1.24	1.75
Folate	mcg	9			8	28	39
Vitamin B-12	mcg	2.68			2.28	8.19	11.54
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g	6.67			5.67	20.41	28.73
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04			0.03	0.12	0.16
12:0	g	0.04			0.04	0.13	0.18
14:0	g	0.51			0.43	1.56	2.20
16:0	g	4.03			3.43	12.34	17.37
18:0	g	2.05			1.74	6.26	8.82
Monounsaturated, total	g	7.19			6.11	22.01	31.00
16:1	g	0.65			0.55	2.00	2.81
18:1	g	6.51			5.53	19.92	28.05
20:1	g	0.03			0.03	0.10	0.14
22:1	g						
Polyunsaturated, total	g	0.64			0.54	1.96	2.76
18:2	g	0.44			0.37	1.34	1.89
18:3	g	0.16			0.14	0.49	0.70
18:4	g						
20:4	g	0.04			0.03	0.12	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	275	387
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.309			0.263	0.946	1.332
Threonine	g	1.206			1.025	3.690	5.196
Isoleucine	g	1.241			1.055	3.798	5.349
Leucine	g	2.182			1.855	6.677	9.403
Lysine	g	2.297			1.952	7.029	9.898
Methionine	g	0.707			0.601	2.163	3.045
Cystine	g	0.309			0.263	0.946	1.332
Phenylalanine	g	1.078			0.916	3.298	4.644
Tyrosine	g	0.928			0.788	2.839	3.997
Valine	g	1.343			1.141	4.109	5.786
Arginine	g	1.745			1.483	5.339	7.518
Histidine	g	0.945			0.804	2.893	4.073
Alanine	g	1.665			1.416	5.096	7.176
Aspartic acid	g	2.522			2.144	7.718	10.868
Glutamic acid	g	4.148			3.526	12.692	17.873
Glycine	g	1.506			1.280	4.609	6.491
Proline	g	1.219			1.036	3.731	5.253
Serine	g	1.056			0.897	3.231	4.549

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 305 g[1]	Refuse: Connective tissue 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.45			49.69	178.29	254.57
Food energy	kcal	229			194	698	997
	kJ	958			814	2,921	4,171
Protein (N x 6.25)	g	29.19			24.81	89.02	127.10
Total lipid (fat)	g	11.55			9.82	35.23	50.31
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.31			1.12	4.01	5.73
Minerals:							
Calcium	mg	11			10	34	49
Iron	mg	3.22			2.74	9.83	14.03
Magnesium	mg	30			26	93	133
Phosphorus	mg	234			199	713	1,019
Potassium	mg	386			328	1,177	1,681
Sodium	mg	64			55	197	281
Zinc	mg	6.21			5.28	18.95	27.06
Copper	mg	0.140			0.119	0.427	0.609
Manganese	mg	0.016			0.014	0.050	0.071
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.10	0.37	0.52
Riboflavin	mg	0.28			0.24	0.86	1.23
Niacin	mg	4.12			3.50	12.56	17.93
Pantothenic acid	mg	0.37			0.32	1.14	1.62
Vitamin B-6	mg	0.43			0.37	1.32	1.88
Folate	mcg	10			8	29	42
Vitamin B-12	mcg	2.78			2.36	8.47	12.09
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.56			3.88	13.92	19.88
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.01	0.05	0.07
12:0	g	0.02			0.02	0.07	0.10
14:0	g	0.33			0.28	1.02	1.45
16:0	g	2.71			2.30	8.27	11.81
18:0	g	1.48			1.26	4.51	6.44
Monounsaturated, total	g	4.95			4.21	15.10	21.56
16:1	g	0.42			0.35	1.27	1.81
18:1	g	4.52			3.84	13.78	19.67
20:1	g	0.02			0.02	0.06	0.08
22:1	g						
Polyunsaturated, total	g	0.45			0.38	1.36	1.94
18:2	g	0.32			0.28	0.99	1.41
18:3	g	0.08			0.07	0.24	0.34
18:4	g						
20:4	g	0.04			0.04	0.13	0.18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			76	273	389
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.327			0.278	0.997	1.424
Threonine	g	1.275			1.084	3.888	5.552
Isoleucine	g	1.312			1.115	4.002	5.715
Leucine	g	2.307			1.961	7.036	10.046
Lysine	g	2.428			2.064	7.406	10.575
Methionine	g	0.747			0.635	2.279	3.254
Cystine	g	0.327			0.278	0.997	1.424
Phenylalanine	g	1.139			0.968	3.475	4.962
Tyrosine	g	0.981			0.834	2.991	4.271
Valine	g	1.420			1.207	4.330	6.182
Arginine	g	1.845			1.568	5.626	8.033
Histidine	g	0.999			0.849	3.048	4.352
Alanine	g	1.760			1.496	5.369	7.667
Aspartic acid	g	2.666			2.266	8.132	11.612
Glutamic acid	g	4.385			3.727	13.374	19.096
Glycine	g	1.592			1.354	4.857	6.935
Proline	g	1.289			1.096	3.931	5.613
Serine	g	1.116			0.949	3.404	4.860

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Choice, Cooked, pan-fried

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 307 g[1]	Refuse: Connective tissue 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	48.44			41.18	148.58	215.33
Food energy	*kcal*	326			277	1,000	1,449
	kJ	1,365			1,160	4,186	6,067
Protein (N x 6.25)	*g*	28.11			23.90	86.23	124.97
Total lipid (fat)	*g*	22.84			19.42	70.06	101.53
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.25			1.06	3.83	5.56
Minerals:							
Calcium	*mg*	12			10	36	52
Iron	*mg*	3.33			2.83	10.22	14.81
Magnesium	*mg*	28			23	85	123
Phosphorus	*mg*	229			194	702	1,017
Potassium	*mg*	396			336	1,214	1,759
Sodium	*mg*	70			59	214	310
Zinc	*mg*	5.40			4.59	16.56	24.00
Copper	*mg*	0.128			0.109	0.393	0.570
Manganese	*mg*	0.017			0.014	0.051	0.074
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.12			0.10	0.37	0.54
Riboflavin	*mg*	0.28			0.24	0.86	1.25
Niacin	*mg*	3.75			3.19	11.51	16.68
Pantothenic acid	*mg*	0.38			0.32	1.16	1.68
Vitamin B-6	*mg*	0.43			0.36	1.31	1.90
Folate	*mcg*	9			7	26	38
Vitamin B-12	*mcg*	3.28			2.78	10.05	14.56
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	8.91			7.58	27.34	39.63
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.06			0.05	0.18	0.26
12:0	*g*	0.05			0.05	0.17	0.24
14:0	*g*	0.67			0.57	2.04	2.96
16:0	*g*	5.36			4.55	16.44	23.82
18:0	*g*	2.64			2.24	8.10	11.74
Monounsaturated, total	*g*	9.64			8.19	29.55	42.83
16:1	*g*	0.86			0.73	2.64	3.83
18:1	*g*	8.67			7.37	26.58	38.52
20:1	*g*	0.04			0.04	0.13	0.19
22:1	*g*						
Polyunsaturated, total	*g*	1.74			1.48	5.34	7.74
18:2	*g*	1.35			1.14	4.13	5.98
18:3	*g*	0.33			0.28	1.02	1.47
18:4	*g*						
20:4	*g*	0.04			0.04	0.13	0.19
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	98			83	301	436
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.315			0.268	0.966	1.400
Threonine	*g*	1.228			1.044	3.766	5.459
Isoleucine	*g*	1.264			1.074	3.877	5.618
Leucine	*g*	2.222			1.889	6.815	9.877
Lysine	*g*	2.339			1.988	7.174	10.397
Methionine	*g*	0.720			0.612	2.207	3.199
Cystine	*g*	0.315			0.268	0.966	1.400
Phenylalanine	*g*	1.098			0.933	3.363	4.879
Tyrosine	*g*	0.945			0.803	2.897	4.199
Valine	*g*	1.367			1.162	4.194	6.078
Arginine	*g*	1.777			1.510	5.449	7.898
Histidine	*g*	0.963			0.818	2.952	4.279
Alanine	*g*	1.696			1.441	5.201	7.538
Aspartic acid	*g*	2.568			2.183	7.878	11.417
Glutamic acid	*g*	4.224			3.590	12.955	18.775
Glycine	*g*	1.534			1.304	4.704	6.818
Proline	*g*	1.242			1.055	3.808	5.519
Serine	*g*	1.075			0.914	3.297	4.779

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.23			291.35	18.21	276.77
Food energy	kcal	207			937	59	890
	kJ	865			3,923	245	3,727
Protein (N x 6.25)	g	19.28			87.47	5.47	83.09
Total lipid (fat)	g	13.78			62.50	3.91	59.37
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.96			4.35	0.27	4.14
Minerals:							
Calcium	mg	7			34	2	32
Iron	mg	2.40			10.88	0.68	10.34
Magnesium	mg	21			95	6	90
Phosphorus	mg	187			848	53	806
Potassium	mg	317			1,437	90	1,365
Sodium	mg	54			243	15	231
Zinc	mg	3.67			16.64	1.04	15.81
Copper	mg	0.087			0.393	0.025	0.373
Manganese	mg	0.013			0.058	0.004	0.055
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.54	0.03	0.51
Riboflavin	mg	0.21			0.94	0.06	0.89
Niacin	mg	3.24			14.70	0.92	13.97
Pantothenic acid	mg	0.32			1.47	0.09	1.39
Vitamin B-6	mg	0.40			1.81	0.11	1.72
Folate	mcg	7			33	2	31
Vitamin B-12	mcg	2.91			13.22	0.83	12.55
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.52			25.05	1.57	23.79
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.05			0.21	0.01	0.20
12:0	g	0.03			0.14	0.01	0.14
14:0	g	0.43			1.97	0.12	1.87
16:0	g	3.33			15.09	0.94	14.34
18:0	g	1.68			7.64	0.48	7.25
Monounsaturated, total	g	5.89			26.74	1.67	25.40
16:1	g	0.68			3.06	0.19	2.91
18:1	g	5.20			23.60	1.47	22.42
20:1	g	0.02			0.07	0.00	0.07
22:1	g						
Polyunsaturated, total	g	0.53			2.42	0.15	2.30
18:2	g	0.34			1.55	0.10	1.47
18:3	g	0.17			0.76	0.05	0.72
18:4	g						
20:4	g	0.02			0.11	0.01	0.11
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	67			303	19	287
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.216			0.980	0.061	0.931
Threonine	g	0.842			3.821	0.239	3.630
Isoleucine	g	0.867			3.933	0.246	3.736
Leucine	g	1.524			6.914	0.432	6.568
Lysine	g	1.604			7.278	0.455	6.913
Methionine	g	0.494			2.239	0.140	2.127
Cystine	g	0.216			0.980	0.061	0.931
Phenylalanine	g	0.753			3.415	0.213	3.244
Tyrosine	g	0.648			2.939	0.184	2.792
Valine	g	0.938			4.255	0.266	4.042
Arginine	g	1.219			5.528	0.346	5.252
Histidine	g	0.660			2.995	0.187	2.845
Alanine	g	1.163			5.276	0.330	5.012
Aspartic acid	g	1.762			7.991	0.499	7.591
Glutamic acid	g	2.897			13.142	0.821	12.484
Glycine	g	1.052			4.772	0.298	4.534
Proline	g	0.852			3.863	0.241	3.669
Serine	g	0.737			3.345	0.209	3.177

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 306 g[1]	Refuse: Connective tissue 5%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	57.58			48.94	176.20	248.12
Food energy	kcal	245			208	749	1,055
	kJ	1,025			871	3,137	4,418
Protein (N x 6.25)	g	28.00			23.80	85.69	120.66
Total lipid (fat)	g	13.90			11.81	42.52	59.88
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.26			1.07	3.85	5.43
Minerals:							
Calcium	mg	11			10	35	49
Iron	mg	3.08			2.62	9.44	13.29
Magnesium	mg	29			25	88	124
Phosphorus	mg	224			190	685	965
Potassium	mg	369			314	1,129	1,590
Sodium	mg	63			54	193	271
Zinc	mg	5.91			5.02	18.07	25.45
Copper	mg	0.134			0.114	0.410	0.577
Manganese	mg	0.016			0.013	0.048	0.068
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.11			0.10	0.35	0.50
Riboflavin	mg	0.27			0.23	0.83	1.17
Niacin	mg	3.95			3.36	12.10	17.04
Pantothenic acid	mg	0.36			0.30	1.10	1.55
Vitamin B-6	mg	0.41			0.35	1.26	1.78
Folate	mcg	9			8	28	39
Vitamin B-12	mcg	2.70			2.30	8.27	11.64
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	5.54			4.71	16.97	23.89
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.03	0.10	0.14
12:0	g	0.04			0.03	0.11	0.16
14:0	g	0.43			0.36	1.30	1.83
16:0	g	3.36			2.85	10.27	14.47
18:0	g	1.69			1.44	5.18	7.29
Monounsaturated, total	g	5.98			5.08	18.29	25.76
16:1	g	0.55			0.46	1.67	2.35
18:1	g	5.41			4.60	16.54	23.29
20:1	g	0.03			0.02	0.08	0.11
22:1	g						
Polyunsaturated, total	g	0.53			0.45	1.63	2.29
18:2	g	0.36			0.31	1.11	1.56
18:3	g	0.14			0.12	0.42	0.59
18:4	g						
20:4	g	0.03			0.03	0.10	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	90			76	275	387
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.314			0.267	0.960	1.351
Threonine	g	1.223			1.040	3.743	5.271
Isoleucine	g	1.259			1.070	3.853	5.425
Leucine	g	2.213			1.881	6.773	9.537
Lysine	g	2.330			1.980	7.129	10.039
Methionine	g	0.717			0.609	2.194	3.089
Cystine	g	0.314			0.267	0.960	1.351
Phenylalanine	g	1.093			0.929	3.345	4.711
Tyrosine	g	0.941			0.800	2.879	4.054
Valine	g	1.362			1.158	4.168	5.869
Arginine	g	1.770			1.504	5.415	7.626
Histidine	g	0.959			0.815	2.934	4.131
Alanine	g	1.689			1.436	5.169	7.278
Aspartic acid	g	2.558			2.175	7.828	11.024
Glutamic acid	g	4.207			3.576	12.874	18.128
Glycine	g	1.528			1.299	4.675	6.583
Proline	g	1.237			1.051	3.784	5.328
Serine	g	1.071			0.910	3.277	4.614

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN AND FAT, Trimmed to 0" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 305 g[1]	Refuse: Connective tissue 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.13			51.96	186.46	266.18
Food energy	kcal	195			166	595	849
	kJ	816			694	2,490	3,554
Protein (N x 6.25)	g	29.70			25.25	90.60	129.33
Total lipid (fat)	g	7.56			6.42	23.05	32.91
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.34			1.14	4.08	5.82
Minerals:							
Calcium	mg	11			9	33	48
Iron	mg	3.28			2.79	10.01	14.29
Magnesium	mg	31			26	95	136
Phosphorus	mg	239			203	728	1,039
Potassium	mg	393			334	1,198	1,711
Sodium	mg	65			55	198	283
Zinc	mg	6.35			5.40	19.38	27.67
Copper	mg	0.143			0.121	0.435	0.621
Manganese	mg	0.017			0.014	0.051	0.073
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.12			0.10	0.38	0.54
Riboflavin	mg	0.29			0.25	0.88	1.26
Niacin	mg	4.20			3.57	12.79	18.27
Pantothenic acid	mg	0.38			0.32	1.16	1.65
Vitamin B-6	mg	0.44			0.38	1.35	1.92
Folate	mcg	10			8	30	43
Vitamin B-12	mcg	2.81			2.39	8.57	12.23
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.00			2.55	9.14	13.05
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.01	0.03	0.04
12:0	g	0.01			0.01	0.04	0.05
14:0	g	0.21			0.18	0.65	0.94
16:0	g	1.75			1.49	5.34	7.62
18:0	g	1.01			0.86	3.08	4.40
Monounsaturated, total	g	3.24			2.76	9.89	14.12
16:1	g	0.28			0.24	0.87	1.24
18:1	g	2.95			2.51	8.99	12.84
20:1	g	0.01			0.01	0.03	0.04
22:1	g						
Polyunsaturated, total	g	0.29			0.25	0.88	1.26
18:2	g	0.21			0.18	0.65	0.93
18:3	g	0.04			0.04	0.14	0.19
18:4	g						
20:4	g	0.03			0.03	0.09	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			76	272	389
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.333			0.283	1.015	1.449
Threonine	g	1.297			1.103	3.957	5.649
Isoleucine	g	1.335			1.135	4.073	5.815
Leucine	g	2.348			1.996	7.161	10.222
Lysine	g	2.471			2.101	7.538	10.760
Methionine	g	0.760			0.646	2.319	3.311
Cystine	g	0.333			0.283	1.015	1.449
Phenylalanine	g	1.160			0.986	3.537	5.049
Tyrosine	g	0.998			0.848	3.044	4.346
Valine	g	1.445			1.228	4.407	6.291
Arginine	g	1.877			1.596	5.726	8.174
Histidine	g	1.017			0.865	3.102	4.428
Alanine	g	1.792			1.523	5.465	7.801
Aspartic acid	g	2.714			2.307	8.277	11.816
Glutamic acid	g	4.463			3.793	13.611	19.431
Glycine	g	1.621			1.378	4.943	7.056
Proline	g	1.312			1.115	4.001	5.711
Serine	g	1.136			0.965	3.464	4.946

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 267 g[1]	Refuse: Connective tissue 5% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.20			52.87	166.07	234.12
Food energy	kcal	195			165	520	733
	kJ	815			692	2,175	3,066
Protein (N x 6.25)	g	30.37	0.773	11	25.81	81.08	114.31
Total lipid (fat)	g	7.20			6.12	19.22	27.10
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37	0.033	11	1.16	3.66	5.16
Minerals:							
Calcium	mg	11	0.896	11	9	29	41
Iron	mg	3.36	0.170	11	2.86	8.97	12.65
Magnesium	mg	32	0.853	11	27	85	120
Phosphorus	mg	244			207	651	918
Potassium	mg	403	16.682	11	343	1,076	1,517
Sodium	mg	66	5.403	11	56	176	248
Zinc	mg	6.52	0.273	8	5.54	17.41	24.54
Copper	mg	0.146	0.008	8	0.124	0.390	0.550
Manganese	mg	0.017			0.014	0.045	0.064
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13	0.009	11	0.11	0.34	0.47
Riboflavin	mg	0.29	0.017	7	0.25	0.79	1.11
Niacin	mg	4.28	0.189	11	3.64	11.43	16.11
Pantothenic acid	mg	0.39			0.33	1.03	1.46
Vitamin B-6	mg	0.45			0.38	1.20	1.69
Folate	mcg	10	1.172	11	8	27	38
Vitamin B-12	mcg	2.85	0.407	11	2.42	7.61	10.73
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.80			2.38	7.48	10.55
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		8	0.00	0.00	0.00
12:0	g	0.01		8	0.01	0.02	0.03
14:0	g	0.19		8	0.16	0.51	0.71
16:0	g	1.62		8	1.37	4.31	6.08
18:0	g	0.99		8	0.84	2.64	3.72
Monounsaturated, total	g	3.07			2.61	8.19	11.54
16:1	g	0.22		8	0.19	0.59	0.84
18:1	g	2.84		8	2.41	7.57	10.67
20:1	g	0.01		8	0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.28			0.24	0.75	1.06
18:2	g	0.22		8	0.19	0.59	0.84
18:3	g	0.02		6	0.01	0.04	0.06
18:4	g						
20:4	g	0.04		5	0.04	0.11	0.16
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89	4.113	8	76	238	335
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.340			0.289	0.908	1.280
Threonine	g	1.327			1.128	3.542	4.993
Isoleucine	g	1.365			1.161	3.646	5.139
Leucine	g	2.400			2.040	6.409	9.035
Lysine	g	2.527			2.148	6.746	9.510
Methionine	g	0.777			0.661	2.076	2.926
Cystine	g	0.340			0.289	0.908	1.280
Phenylalanine	g	1.186			1.008	3.166	4.463
Tyrosine	g	1.020			0.867	2.724	3.841
Valine	g	1.477			1.256	3.944	5.560
Arginine	g	1.919			1.631	5.125	7.224
Histidine	g	1.040			0.884	2.776	3.914
Alanine	g	1.832			1.557	4.891	6.895
Aspartic acid	g	2.774			2.358	7.408	10.443
Glutamic acid	g	4.563			3.878	12.182	17.174
Glycine	g	1.657			1.408	4.424	6.237
Proline	g	1.341			1.140	3.581	5.048
Serine	g	1.161			0.987	3.101	4.371

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN ONLY, Trimmed to 0 " fat, All grades, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 292 g[1]	Refuse: Connective tissue 4% Separable fat 4%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	61.60			52.36	179.87	257.06
Food energy	*kcal*	191			162	558	797
	kJ	800			680	2,335	3,337
Protein (N x 6.25)	*g*	30.37	0.773	11	25.81	88.68	126.73
Total lipid (fat)	*g*	6.80			5.78	19.86	28.38
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.37	0.033	11	1.16	4.00	5.72
Minerals:							
Calcium	*mg*	11	0.896	11	9	32	46
Iron	*mg*	3.36	0.170	11	2.86	9.81	14.02
Magnesium	*mg*	32	0.853	11	27	93	134
Phosphorus	*mg*	244			207	712	1,018
Potassium	*mg*	403	16.682	11	343	1,177	1,682
Sodium	*mg*	66	5.493	11	56	193	275
Zinc	*mg*	6.52	0.273	8	5.54	19.04	27.21
Copper	*mg*	0.146	0.008	8	0.124	0.426	0.609
Manganese	*mg*	0.017			0.014	0.050	0.071
Vitamins:							
Ascorbic acid	*mg*	0			0	0	0
Thiamin	*mg*	0.13	0.009	11	0.11	0.37	0.53
Riboflavin	*mg*	0.29	0.017	7	0.25	0.86	1.23
Niacin	*mg*	4.28	0.189	11	3.64	12.50	17.86
Pantothenic acid	*mg*	0.39			0.33	1.13	1.61
Vitamin B-6	*mg*	0.45			0.38	1.31	1.88
Folate	*mcg*	10	1.172	11	8	29	42
Vitamin B-12	*mcg*	2.85	0.407	11	2.42	8.32	11.89
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*	2.65			2.25	7.73	11.05
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00		8	0.00	0.00	0.00
12:0	*g*	0.01		8	0.01	0.02	0.03
14:0	*g*	0.18		8	0.15	0.52	0.75
16:0	*g*	1.53		8	1.30	4.46	6.37
18:0	*g*	0.93		8	0.79	2.73	3.90
Monounsaturated, total	*g*	2.90			2.46	8.46	12.09
16:1	*g*	0.21		8	0.18	0.61	0.88
18:1	*g*	2.68		8	2.28	7.82	11.18
20:1	*g*	0.01		8	0.01	0.02	0.03
22:1	*g*						
Polyunsaturated, total	*g*	0.26			0.23	0.77	1.10
18:2	*g*	0.21		8	0.18	0.61	0.88
18:3	*g*	0.02		8	0.01	0.05	0.06
18:4	*g*						
20:4	*g*	0.04		8	0.03	0.11	0.16
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	89	4.113	8	76	260	371
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.340			0.289	0.993	1.419
Threonine	*g*	1.327			1.128	3.873	5.536
Isoleucine	*g*	1.365			1.161	3.987	5.698
Leucine	*g*	2.400			2.040	7.009	10.017
Lysine	*g*	2.527			2.148	7.378	10.544
Methionine	*g*	0.777			0.661	2.270	3.244
Cystine	*g*	0.340			0.289	0.993	1.419
Phenylalanine	*g*	1.186			1.008	3.462	4.947
Tyrosine	*g*	1.020			0.867	2.980	4.258
Valine	*g*	1.477			1.256	4.313	6.164
Arginine	*g*	1.919			1.631	5.604	8.009
Histidine	*g*	1.040			0.884	3.036	4.339
Alanine	*g*	1.832			1.557	5.349	7.644
Aspartic acid	*g*	2.774			2.358	8.101	11.578
Glutamic acid	*g*	4.563			3.878	13.323	19.040
Glycine	*g*	1.657			1.408	4.838	6.914
Proline	*g*	1.341			1.140	3.916	5.596
Serine	*g*	1.161			0.987	3.391	4.846

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 264 g[1]	Refuse: Connective tissue 5% Separable fat 13%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.60			52.36	162.62	229.09
Food energy	kcal	202			172	533	751
	kJ	845			718	2.231	3.142
Protein (N x 6.25)	g	30.37			25.81	80.17	112.94
Total lipid (fat)	g	8.00			6.80	21.12	29.75
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37			1.16	3.62	5.10
Minerals:							
Calcium	mg	11			9	29	41
Iron	mg	3.36			2.86	8.87	12.50
Magnesium	mg	32			27	84	119
Phosphorus	mg	244			207	644	907
Potassium	mg	403			343	1.064	1.499
Sodium	mg	66			56	174	245
Zinc	mg	6.52			5.54	17.21	24.25
Copper	mg	0.146			0.124	0.385	0.543
Manganese	mg	0.017			0.014	0.045	0.063
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13			0.11	0.33	0.47
Riboflavin	mg	0.29			0.25	0.78	1.10
Niacin	mg	4.28			3.64	11.30	15.92
Pantothenic acid	mg	0.39			0.33	1.02	1.44
Vitamin B-6	mg	0.45			0.38	1.19	1.67
Folate	mcg	10			8	26	37
Vitamin B-12	mcg	2.85			2.42	7.52	10.60
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.11			2.65	8.22	11.58
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.21			0.18	0.56	0.78
16:0	g	1.80			1.53	4.74	6.68
18:0	g	1.10			0.93	2.90	4.09
Monounsaturated, total	g	3.41			2.90	9.00	12.87
16:1	g	0.2[illegible]			0.21	0.65	0.92
18:1	g	3.15			2.68	8.32	11.72
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.31			0.26	0.82	1.16
18:2	g	0.25			0.21	0.65	0.92
18:3	g	0.02			0.02	0.05	0.07
18:4	g						
20:4	g	0.05			0.04	0.12	0.17
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			76	235	331
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.340			0.289	0.898	1.265
Threonine	g	1.327			1.128	3.502	4.933
Isoleucine	g	1.365			1.161	3.605	5.078
Leucine	g	2.400			2.040	6.337	8.927
Lysine	g	2.527			2.148	6.670	9.397
Methionine	g	0.777			0.661	2.052	2.891
Cystine	g	0.340			0.289	0.898	1.265
Phenylalanine	g	1.186			1.008	3.130	4.409
Tyrosine	g	1.020			0.867	2.694	3.795
Valine	g	1.477			1.256	3.900	5.493
Arginine	g	1.919			1.631	5.067	7.138
Histidine	g	1.040			0.884	2.745	3.867
Alanine	g	1.832			1.557	4.836	6.813
Aspartic acid	g	2.774			2.358	7.325	10.318
Glutamic acid	g	4.563			3.878	12.045	16.968
Glycine	g	1.657			1.408	4.374	6.162
Proline	g	1.341			1.140	3.540	4.987
Serine	g	1.161			0.987	3.066	4.319

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Choice, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 286 g[1]	Refuse: Connective tissue 4% Separable fat 6%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	61.00			51.85	174.46	249.00
Food energy	kcal	200			170	572	817
	kJ	837			712	2,395	3,418
Protein (N x 6.25)	g	30.37			25.81	86.85	123.97
Total lipid (fat)	g	7.80			6.63	22.31	31.84
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37			1.16	3.92	5.59
Minerals:							
Calcium	mg	11			9	31	45
Iron	mg	3.36			2.86	9.61	13.72
Magnesium	mg	32			27	92	131
Phosphorus	mg	244			207	698	996
Potassium	mg	403			343	1,153	1,645
Sodium	mg	66			56	189	269
Zinc	mg	6.52			5.54	18.65	26.61
Copper	mg	0.146			0.124	0.418	0.596
Manganese	mg	0.017			0.014	0.049	0.069
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13			0.11	0.36	0.51
Riboflavin	mg	0.29			0.25	0.84	1.20
Niacin	mg	4.28			3.64	12.24	17.48
Pantothenic acid	mg	0.39			0.33	1.11	1.58
Vitamin B-6	mg	0.45			0.38	1.29	1.84
Folate	mcg	10			8	29	41
Vitamin B-12	mcg	2.85			2.42	8.15	11.63
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	3.04			2.58	8.68	12.40
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.03	0.04
14:0	g	0.21			0.17	0.59	0.84
16:0	g	1.75			1.49	5.01	7.15
18:0	g	1.07			0.91	3.07	4.37
Monounsaturated, total	g	3.32			2.82	9.50	13.56
16:1	g	0.24			0.20	0.69	0.98
18:1	g	3.07			2.61	8.79	12.54
20:1	g	0.01			0.01	0.03	0.04
22:1	g						
Polyunsaturated, total	g	0.30			0.26	0.87	1.24
18:2	g	0.24			0.20	0.69	0.98
18:3	g	0.02			0.02	0.05	0.07
18:4	g						
20:4	g	0.04			0.04	0.13	0.18
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			76	255	363
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.340			0.289	0.973	1.388
Threonine	g	1.327			1.128	3.794	5.415
Isoleucine	g	1.365			1.161	3.905	5.573
Leucine	g	2.400			2.040	6.865	9.798
Lysine	g	2.527			2.148	7.226	10.314
Methionine	g	0.777			0.661	2.223	3.174
Cystine	g	0.340			0.289	0.973	1.388
Phenylalanine	g	1.186			1.008	3.391	4.840
Tyrosine	g	1.020			0.867	2.918	4.165
Valine	g	1.477			1.256	4.225	6.030
Arginine	g	1.919			1.631	5.489	7.835
Histidine	g	1.040			0.884	2.974	4.245
Alanine	g	1.832			1.557	5.239	7.478
Aspartic acid	g	2.774			2.358	7.935	11.325
Glutamic acid	g	4.563			3.878	13.049	18.625
Glycine	g	1.657			1.408	4.739	6.764
Proline	g	1.341			1.140	3.835	5.474
Serine	g	1.161			0.987	3.321	4.740

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Choice, Cooked, pan-fried

Nutrients and units		**Amount in 100 grams, edible portion**			**Amount in edible portion of common measures of food**		**Amount in edible portion of 1 pound of food as purchased**
		Mean	Standard error	Number of samples	**Approximate measure and weight:** 3 oz = 85 g	1 lb raw yields 247 g[1]	**Refuse:** Connective tissue 2% Separable fat 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.91	0.338	4	47.52	138.27	53.28
Food energy	kcal	238			202	588	226
	kJ	995			846	2,460	948
Protein (N x 6.25)	g	32.48	0.137	4	27.61	80.32	30.95
Total lipid (fat)	g	10.97	0.394	4	9.32	27.12	10.45
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.45			1.23	3.59	1.38
Minerals:							
Calcium	mg	11			9	27	10
Iron	mg	3.90			3.31	9.64	3.72
Magnesium	mg	33			28	82	31
Phosphorus	mg	267			227	660	254
Potassium	mg	465			395	1,150	443
Sodium	mg	77			65	190	73
Zinc	mg	6.40			5.44	15.83	6.10
Copper	mg	0.149			0.127	0.368	0.142
Manganese	mg	0.019			0.016	0.047	0.018
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.14			0.12	0.35	0.14
Riboflavin	mg	0.33			0.28	0.81	0.31
Niacin	mg	4.30			3.06	10.64	4.10
Pantothenic acid	mg	0.43			0.37	1.07	0.41
Vitamin B-6	mg	0.50			0.42	1.24	0.48
Folate	mcg	10			8	25	10
Vitamin B-12	mcg	3.69			3.14	9.13	3.52
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	4.02			3.42	9.94	3.83
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01			0.00	0.01	0.00
12:0	g	0.01			0.01	0.02	0.01
14:0	g	0.25			0.21	0.61	0.23
16:0	g	2.26			1.92	5.58	2.15
18:0	g	1.34			1.13	3.30	1.27
Monounsaturated, total	g	4.43			3.77	10.96	4.22
16:1	g	0.29			0.25	0.72	0.28
18:1	g	4.05			3.44	10.01	3.86
20:1	g	0.01			0.01	0.03	0.01
22:1	g						
Polyunsaturated, total	g	1.51			1.28	3.73	1.44
18:2	g	1.28			1.09	3.16	1.22
18:3	g	0.15			0.13	0.38	0.15
18:4	g						
20:4	g	0.05			0.05	0.14	0.05
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	99			84	245	94
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.364			0.309	0.900	0.347
Threonine	g	1.419			1.206	3.509	1.352
Isoleucine	g	1.460			1.241	3.611	1.392
Leucine	g	2.567			2.182	6.349	2.447
Lysine	g	2.702			2.297	6.683	2.575
Methionine	g	0.831			0.707	2.056	0.792
Cystine	g	0.364			0.309	0.900	0.347
Phenylalanine	g	1.268			1.078	3.136	1.208
Tyrosine	g	1.091			0.928	2.699	1.040
Valine	g	1.580			1.343	3.907	1.506
Arginine	g	2.053			1.745	5.078	1.956
Histidine	g	1.112			0.945	2.750	1.060
Alanine	g	1.959			1.665	4.845	1.867
Aspartic acid	g	2.967			2.522	7.338	2.828
Glutamic acid	g	4.880			4.148	12.068	4.650
Glycine	g	1.772			1.506	4.382	1.689
Proline	g	1.434			1.219	3.547	1.367
Serine	g	1.242			1.056	3.072	1.184

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN ONLY, Trimmed to 1/4" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 267 g[1]	Refuse: Connective tissue 5% Separable fat 12%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.90			53.46	167.94	236.82
Food energy	kcal	186			158	496	699
	kJ	777			660	2,074	2,925
Protein (N x 6.25)	g	30.37			25.81	81.08	114.34
Total lipid (fat)	g	6.20			5.27	16.55	23.34
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37			1.16	3.66	5.16
Minerals:							
Calcium	mg	11			9	29	41
Iron	mg	3.36			2.86	8.97	12.65
Magnesium	mg	32			27	85	120
Phosphorus	mg	244			207	651	919
Potassium	mg	403			343	1,076	1,517
Sodium	mg	66			56	176	248
Zinc	mg	6.52			5.54	17.41	24.55
Copper	mg	0.146			0.124	0.390	0.550
Manganese	mg	0.017			0.014	0.045	0.064
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13			0.11	0.34	0.47
Riboflavin	mg	0.29			0.25	0.79	1.11
Niacin	mg	4.28			3.64	11.43	16.12
Pantothenic acid	mg	0.39			0.33	1.03	1.46
Vitamin B-6	mg	0.45			0.38	1.20	1.69
Folate	mcg	10			8	27	38
Vitamin B-12	mcg	2.85			2.42	7.61	10.73
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.41			2.05	6.44	9.09
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.16			0.14	0.44	0.61
16:0	g	1.39			1.18	3.72	5.24
18:0	g	0.85			0.72	2.27	3.21
Monounsaturated, total	g	2.64			2.24	7.05	9.94
16:1	g	0.19			0.16	0.51	0.72
18:1	g	2.44			2.08	6.52	9.19
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.24			0.21	0.64	0.91
18:2	g	0.19			0.16	0.51	0.72
18:3	g	0.01			0.01	0.04	0.05
18:4	g						
20:4	g	0.04			0.03	0.09	0.13
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			76	238	335
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.340			0.289	0.908	1.281
Threonine	g	1.327			1.128	3.542	4.994
Isoleucine	g	1.365			1.161	3.646	5.141
Leucine	g	2.400			2.040	6.409	9.037
Lysine	g	2.527			2.148	6.746	9.513
Methionine	g	0.777			0.661	2.076	2.927
Cystine	g	0.340			0.289	0.908	1.281
Phenylalanine	g	1.186			1.008	3.166	4.464
Tyrosine	g	1.020			0.867	2.724	3.842
Valine	g	1.477			1.256	3.944	5.561
Arginine	g	1.919			1.631	5.125	7.226
Histidine	g	1.040			0.884	2.776	3.915
Alanine	g	1.832			1.557	4.891	6.897
Aspartic acid	g	2.774			2.358	7.408	10.446
Glutamic acid	g	4.563			3.878	12.182	17.178
Glycine	g	1.657			1.408	4.424	6.238
Proline	g	1.341			1.140	3.581	5.049
Serine	g	1.161			0.987	3.101	4.372

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TOP SIRLOIN, SEPARABLE LEAN ONLY, Trimmed to 0" fat, Select, Cooked, broiled

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 295 g[1]	Refuse: Connective tissue 4% Separable fat 3%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	62.40			53.04	184.08	263.20
Food energy	kcal	180			153	532	760
	kJ	754			641	2,225	3,182
Protein (N x 6.25)	g	30.37			25.81	89.59	128.10
Total lipid (fat)	g	5.60			4.76	16.52	23.62
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37			1.16	4.04	5.78
Minerals:							
Calcium	mg	11			9	32	46
Iron	mg	3.36			2.86	9.91	14.17
Magnesium	mg	32			27	94	135
Phosphorus	mg	244			207	720	1,029
Potassium	mg	403			343	1,189	1,700
Sodium	mg	66			56	195	278
Zinc	mg	6.52			5.54	19.23	27.50
Copper	mg	0.146			0.124	0.431	0.616
Manganese	mg	0.017			0.014	0.050	0.072
Vitamins:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.13			0.11	0.37	0.53
Riboflavin	mg	0.29			0.25	0.87	1.24
Niacin	mg	4.28			3.64	12.63	18.06
Pantothenic acid	mg	0.39			0.33	1.14	1.63
Vitamin B-6	mg	0.45			0.38	1.33	1.90
Folate	mcg	10			8	29	42
Vitamin B-12	mcg	2.85			2.42	8.41	12.02
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.18			1.85	6.43	9.20
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00			0.00	0.00	0.00
12:0	g	0.01			0.01	0.02	0.03
14:0	g	0.15			0.13	0.44	0.62
16:0	g	1.26			1.07	3.71	5.30
18:0	g	0.77			0.65	2.27	3.25
Monounsaturated, total	g	2.39			2.03	7.04	10.06
16:1	g	0.17			0.15	0.51	0.73
18:1	g	2.21			1.87	6.51	9.30
20:1	g	0.01			0.01	0.02	0.03
22:1	g						
Polyunsaturated, total	g	0.22			0.19	0.64	0.92
18:2	g	0.17			0.15	0.51	0.73
18:3	g	0.01			0.01	0.04	0.05
18:4	g						
20:4	g	0.03			0.03	0.09	0.14
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			76	263	375
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.340			0.289	1.003	1.435
Threonine	g	1.327			1.128	3.913	5.595
Isoleucine	g	1.365			1.161	4.028	5.759
Leucine	g	2.400			2.040	7.081	10.125
Lysine	g	2.527			2.148	7.454	10.658
Methionine	g	0.777			0.661	2.293	3.279
Cystine	g	0.340			0.289	1.003	1.435
Phenylalanine	g	1.186			1.008	3.498	5.001
Tyrosine	g	1.020			0.867	3.010	4.304
Valine	g	1.477			1.256	4.358	6.231
Arginine	g	1.919			1.631	5.662	8.096
Histidine	g	1.040			0.884	3.067	4.386
Alanine	g	1.832			1.557	5.404	7.727
Aspartic acid	g	2.774			2.358	8.185	11.703
Glutamic acid	g	4.563			3.878	13.460	19.245
Glycine	g	1.657			1.408	4.888	6.989
Proline	g	1.341			1.140	3.956	5.657
Serine	g	1.161			0.987	3.426	4.898

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Extra lean, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	63.19	0.391	92	71.40	17.91	286.62
Food energy	kcal	234			265	66	1,062
	kJ	980			1,107	278	4,444
Protein (N x 6.25)	g	18.70	0.144	72	21.13	5.30	84.81
Total lipid (fat)	g	17.06	0.488	89	19.27	4.84	77.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.93	0.034	6	1.05	0.26	4.22
Minerals:							
Calcium	mg	7	0.344	45	7	2	30
Iron	mg	1.95	0.039	54	2.20	0.55	8.82
Magnesium	mg	20	0.357	46	22	6	89
Phosphorus	mg	141			160	40	640
Potassium	mg	284	4.637	46	321	81	1,289
Sodium	mg	66	1.030	54	75	19	301
Zinc	mg	4.14	0.079	46	4.68	1.17	18.79
Copper	mg	0.072	0.002	45	0.081	0.020	0.327
Manganese	mg	0.017	0.001	45	0.019	0.005	0.077
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.060			0.068	0.017	0.272
Riboflavin	mg	0.250			0.283	0.071	1.134
Niacin	mg	4.530			5.119	1.284	20.548
Pantothenic acid	mg	0.390			0.441	0.111	1.769
Vitamin B-6	mg	0.26			0.29	0.07	1.18
Folate	mcg	8			9	2	34
Vitamin B-12	mcg	2.06		1	2.33	0.58	9.34
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	6.81			7.70	1.93	30.90
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.00	0.07
12:0	g	0.02			0.02	0.00	0.07
14:0	g	0.47			0.53	0.13	2.14
16:0	g	3.91			4.42	1.11	17.73
18:0	g	2.04			2.30	0.58	9.23
Monounsaturated, total	g	7.41			8.38	2.10	33.62
16:1	g	0.68			0.76	0.19	3.07
18:1	g	6.40			7.23	1.81	29.02
20:1	g	0.02			0.02	0.01	0.09
22:1	g						
Polyunsaturated, total	g	0.71			0.80	0.20	3.22
18:2	g	0.53			0.60	0.15	2.42
18:3	g	0.07			0.08	0.02	0.31
18:4	g						
20:4	g	0.08			0.09	0.02	0.35
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	69			78	19	312
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.230		10	0.260	0.065	1.043
Threonine	g	0.784		14	0.886	0.222	3.556
Isoleucine	g	0.802		14	0.906	0.227	3.638
Leucine	g	1.498		14	1.693	0.425	6.795
Lysine	g	1.561		14	1.764	0.443	7.081
Methionine	g	0.437		14	0.494	0.124	1.982
Cystine	g	0.179		10	0.202	0.051	0.812
Phenylalanine	g	0.709		14	0.801	0.201	3.216
Tyrosine	g	0.583		14	0.659	0.165	2.644
Valine	g	0.906		14	1.024	0.257	4.110
Arginine	g	1.262		14	1.426	0.358	5.724
Histidine	g	0.595		14	0.672	0.169	2.699
Alanine	g	1.220		14	1.379	0.346	5.534
Aspartic acid	g	1.708		14	1.930	0.484	7.747
Glutamic acid	g	2.940		14	3.322	0.833	13.336
Glycine	g	1.388		14	1.568	0.393	6.296
Proline	g	0.948		14	1.071	0.269	4.300
Serine	g	0.724		14	0.818	0.205	3.284

BEEF, GROUND, Extra lean, Cooked, baked, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 345 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	58.64			49.84	202.31	265.99
Food energy	*kcal*	250			213	863	1,134
	kJ	1,046			889	3,610	4,747
Protein (N x 6.25)	*g*	24.47			20.80	84.42	111.00
Total lipid (fat)	*g*	16.14			13.72	55.68	73.21
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.75			0.64	2.59	3.40
Minerals:							
Calcium	*mg*	7			6	23	30
Iron	*mg*	2.28			1.94	7.87	10.34
Magnesium	*mg*	17			14	58	76
Phosphorus	*mg*	124			106	429	564
Potassium	*mg*	224			190	772	1,016
Sodium	*mg*	49			42	170	224
Zinc	*mg*	5.34			4.54	18.42	24.22
Copper	*mg*	0.075			0.064	0.259	0.340
Manganese	*mg*	0.015			0.013	0.052	0.068
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.040			0.034	0.138	0.181
Riboflavin	*mg*	0.240			0.204	0.828	1.089
Niacin	*mg*	4.160			3.536	14.352	18.870
Pantothenic acid	*mg*	0.270			0.230	0.932	1.225
Vitamin B-6	*mg*	0.22			0.19	0.76	1.00
Folate	*mcg*	9			7	30	39
Vitamin B-12	*mcg*	1.73			1.47	5.97	7.85
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids							
Saturated, total	*g*	6.34			5.39	21.88	28.76
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.01	0.05	0.07
12:0	*g*	0.02			0.01	0.06	0.07
14:0	*g*	0.46			0.39	1.58	2.08
16:0	*g*	3.65			3.10	12.60	16.56
18:0	*g*	1.90			1.62	6.57	8.64
Monounsaturated, total	*g*	7.07			6.01	24.38	32.05
16:1	*g*	0.60			0.51	2.08	2.74
18:1	*g*	6.18			5.25	21.31	28.01
20:1	*g*	0.01			0.01	0.04	0.05
22:1	*g*						
Polyunsaturated, total	*g*	0.60			0.51	2.08	2.73
18:2	*g*	0.44			0.38	1.53	2.01
18:3	*g*	0.07			0.06	0.23	0.30
18:4	*g*						
20:4	*g*	0.06			0.05	0.22	0.29
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	82			70	283	372
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.301			0.256	1.038	1.365
Threonine	*g*	1.026			0.872	3.540	4.654
Isoleucine	*g*	1.049			0.892	3.619	4.758
Leucine	*g*	1.961			1.667	6.765	8.895
Lysine	*g*	2.044			1.737	7.052	9.272
Methionine	*g*	0.572			0.486	1.973	2.595
Cystine	*g*	0.235			0.200	0.811	1.066
Phenylalanine	*g*	0.928			0.789	3.202	4.209
Tyrosine	*g*	0.763			0.649	2.632	3.461
Valine	*g*	1.186			1.008	4.092	5.380
Arginine	*g*	1.652			1.404	5.699	7.493
Histidine	*g*	0.779			0.662	2.688	3.534
Alanine	*g*	1.597			1.357	5.510	7.244
Aspartic acid	*g*	2.235			1.900	7.711	10.138
Glutamic acid	*g*	3.848			3.271	13.276	17.455
Glycine	*g*	1.817			1.544	6.269	8.242
Proline	*g*	1.241			1.055	4.281	5.629
Serine	*g*	0.947			0.805	3.267	4.296

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Extra lean, Cooked, baked, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 268 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.66			44.76	141.13	238.87
Food energy	kcal	274			232	733	1,241
	kJ	1,144			973	3,067	5,191
Protein (N x 6.25)	g	30.30			25.76	81.20	137.44
Total lipid (fat)	g	15.98			13.58	42.83	72.49
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.98			0.83	2.63	4.45
Minerals:							
Calcium	mg	9			7	23	39
Iron	mg	2.96			2.52	7.93	13.43
Magnesium	mg	22			19	58	99
Phosphorus	mg	162			137	433	733
Potassium	mg	291			247	780	1,320
Sodium	mg	64			54	172	291
Zinc	mg	6.94			5.90	18.60	31.48
Copper	mg	0.097			0.082	0.260	0.440
Manganese	mg	0.020			0.017	0.054	0.091
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.050			0.043	0.134	0.227
Riboflavin	mg	0.310			0.264	0.831	1.406
Niacin	mg	5.410			4.599	14.499	24.540
Pantothenic acid	mg	0.350			0.298	0.938	1.588
Vitamin B-6	mg	0.29			0.25	0.78	1.32
Folate	mcg	11			10	30	51
Vitamin B-12	mcg	1.86			1.58	4.98	8.44
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	6.28			5.34	16.83	28.48
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.01	0.04	0.07
12:0	g	0.02			0.01	0.04	0.07
14:0	g	0.45			0.39	1.22	2.06
16:0	g	3.62			3.07	9.69	16.40
18:0	g	1.89			1.60	5.05	8.55
Monounsaturated, total	g	7.00			5.95	18.75	31.73
16:1	g	0.60			0.51	1.60	2.71
18:1	g	6.12			5.20	16.39	27.74
20:1	g	0.01			0.01	0.03	0.05
22:1	g						
Polyunsaturated, total	g	0.60			0.51	1.60	2.70
18:2	g	0.44			0.37	1.18	1.99
18:3	g	0.07			0.06	0.18	0.30
18:4	g						
20:4	g	0.06			0.05	0.17	0.29
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	107			91	286	483
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.373			0.317	1.000	1.692
Threonine	g	1.270			1.080	3.404	5.761
Isoleucine	g	1.299			1.104	3.481	5.892
Leucine	g	2.429			2.065	6.510	11.018
Lysine	g	2.531			2.151	6.783	11.481
Methionine	g	0.708			0.602	1.897	3.211
Cystine	g	0.291			0.247	0.780	1.320
Phenylalanine	g	1.149			0.977	3.079	5.212
Tyrosine	g	0.945			0.803	2.533	4.287
Valine	g	1.469			1.249	3.937	6.663
Arginine	g	2.046			1.739	5.483	9.281
Histidine	g	0.965			0.820	2.586	4.377
Alanine	g	1.978			1.681	5.301	8.972
Aspartic acid	g	2.768			2.353	7.418	12.556
Glutamic acid	g	4.766			4.051	12.773	21.619
Glycine	g	2.249			1.912	6.027	10.201
Proline	g	1.537			1.306	4.119	6.972
Serine	g	1.173			0.997	3.144	5.321

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Extra lean, Cooked, broiled, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 336 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	57.26			48.67	192.39	259.73
Food energy	*kcal*	256			217	859	1,160
	kJ	1,070			910	3,596	4,855
Protein (N x 6.25)	*g*	25.40			21.59	85.34	115.21
Total lipid (fat)	*g*	16.33			13.88	54.87	74.07
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.01			0.86	3.39	4.58
Minerals:							
Calcium	*mg*	7			6	25	33
Iron	*mg*	2.35			2.00	7.90	10.66
Magnesium	*mg*	21			18	71	96
Phosphorus	*mg*	161			137	542	732
Potassium	*mg*	313			266	1,052	1,420
Sodium	*mg*	70			59	234	315
Zinc	*mg*	5.45			4.63	18.31	24.72
Copper	*mg*	0.070			0.060	0.235	0.318
Manganese	*mg*	0.016			0.014	0.054	0.073
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.060			0.051	0.202	0.272
Riboflavin	*mg*	0.270			0.230	0.907	1.225
Niacin	*mg*	4.960			4.216	16.666	22.499
Pantothenic acid	*mg*	0.350			0.298	1.176	1.588
Vitamin B-6	*mg*	0.27			0.23	0.91	1.22
Folate	*mcg*	9			8	30	40
Vitamin B-12	*mcg*	2.17			1.84	7.29	9.84
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	6.42			5.45	21.55	29.10
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.01	0.05	0.07
12:0	*g*	0.02			0.01	0.05	0.07
14:0	*g*	0.46			0.39	1.56	2.10
16:0	*g*	3.69			3.14	12.41	16.76
18:0	*g*	1.93			1.64	6.47	8.74
Monounsaturated, total	*g*	7.15			6.08	24.02	32.43
16:1	*g*	0.61			0.52	2.05	2.77
18:1	*g*	6.25			5.31	21.00	28.35
20:1	*g*	0.01			0.01	0.04	0.05
22:1	*g*						
Polyunsaturated, total	*g*	0.61			0.52	2.05	2.76
18:2	*g*	0.45			0.38	1.51	2.04
18:3	*g*	0.07			0.06	0.23	0.31
18:4	*g*						
20:4	*g*	0.07			0.06	0.22	0.29
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	84			71	281	379
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.313			0.266	1.052	1.420
Threonine	*g*	1.065			0.905	3.578	4.831
Isoleucine	*g*	.089			0.926	3.659	4.940
Leucine	*g*	2.036			1.731	6.841	9.235
Lysine	*g*	2.121			1.803	7.127	9.621
Methionine	*g*	0.593			0.504	1.992	2.690
Cystine	*g*	0.244			0.207	0.820	1.107
Phenylalanine	*g*	0.963			0.819	3.236	4.368
Tyrosine	*g*	0.792			0.673	2.661	3.593
Valine	*g*	1.231			1.046	4.136	5.584
Arginine	*g*	1.715			1.458	5.762	7.779
Histidine	*g*	0.809			0.688	2.718	3.670
Alanine	*g*	1.658			1.409	5.571	7.521
Aspartic acid	*g*	2.321			1.973	7.799	10.528
Glutamic acid	*g*	3.995			3.396	13.423	18.121
Glycine	*g*	1.886			1.603	6.337	8.555
Proline	*g*	1.288			1.095	4.328	5.842
Serine	*g*	0.983			0.836	3.303	4.459

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Extra lean, Cooked, broiled, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 281 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.87			45.79	151.37	244.35
Food energy	kcal	265			225	744	1,200
	kJ	1,107			941	3,111	5,022
Protein (N x 6.25)	g	28.58			24.29	80.31	129.64
Total lipid (fat)	g	15.80			13.43	44.40	71.67
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.19			1.01	3.34	5.40
Minerals:							
Calcium	mg	9			7	24	39
Iron	mg	2.77			2.35	7.78	12.56
Magnesium	mg	25			21	70	113
Phosphorus	mg	190			162	535	863
Potassium	mg	369			314	1,037	1,675
Sodium	mg	82			70	230	371
Zinc	mg	6.43			5.47	18.07	29.17
Copper	mg	0.083			0.071	0.233	0.376
Manganese	mg	0.019			0.016	0.053	0.086
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.070			0.060	0.197	0.318
Riboflavin	mg	0.320			0.272	0.899	1.452
Niacin	mg	5.850			4.973	16.439	26.536
Pantothenic acid	mg	0.420			0.357	1.180	1.905
Vitamin B-6	mg	0.32			0.27	0.90	1.45
Folate	mcg	11			9	30	48
Vitamin B-12	mcg	2.56			2.18	7.19	11.61
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	6.21			5.28	17.44	28.15
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.01	0.04	0.07
12:0	g	0.02			0.01	0.04	0.07
14:0	g	0.45			0.38	1.26	2.03
16:0	g	3.57			3.04	10.04	16.21
18:0	g	1.86			1.58	5.24	8.46
Monounsaturated, total	g	6.92			5.88	19.44	31.38
16:1	g	0.59			0.50	1.66	2.68
18:1	g	6.05			5.14	16.99	27.42
20:1	g	0.01			0.01	0.03	0.05
22:1	g						
Polyunsaturated, total	g	0.59			0.50	1.66	2.67
18:2	g	0.44			0.37	1.22	1.97
18:3	g	0.07			0.06	0.19	0.30
18:4	g						
20:4	g	0.06			0.05	0.18	0.29
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	99			84	277	447
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.352			0.299	0.989	1.597
Threonine	g	1.198			1.018	3.366	5.434
Isoleucine	g	1.226			1.042	3.445	5.561
Leucine	g	2.291			1.947	6.438	10.392
Lysine	g	2.387			2.029	6.707	10.827
Methionine	g	0.668			0.568	1.877	3.030
Cystine	g	0.274			0.233	0.770	1.243
Phenylalanine	g	1.084			0.921	3.046	4.917
Tyrosine	g	0.892			0.758	2.507	4.046
Valine	g	1.386			1.178	3.895	6.287
Arginine	g	1.930			1.641	5.423	8.754
Histidine	g	0.910			0.774	2.557	4.128
Alanine	g	1.866			1.586	5.243	8.464
Aspartic acid	g	2.611			2.219	7.337	11.843
Glutamic acid	g	4.495			3.821	12.631	20.389
Glycine	g	2.122			1.804	5.963	9.625
Proline	g	1.450			1.233	4.075	6.577
Serine	g	1.107			0.941	3.111	5.021

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Extra lean, Cooked, pan-fried, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 340 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	57.59			48.95	195.81	261.23
Food energy	*kcal*	255			216	866	1,155
	kJ	1,066			905	3,623	4,834
Protein (N x 6.25)	*g*	24.96			21.22	84.86	113.22
Total lipid (fat)	*g*	16.42			13.96	55.83	74.48
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.03			0.88	3.50	4.67
Minerals:							
Calcium	*mg*	7			6	24	32
Iron	*mg*	2.36			2.01	8.02	10.70
Magnesium	*mg*	21			18	71	95
Phosphorus	*mg*	160			136	545	727
Potassium	*mg*	312			265	1,060	1,414
Sodium	*mg*	70			59	238	317
Zinc	*mg*	5.42			4.61	18.43	24.59
Copper	*mg*	0.087			0.074	0.296	0.395
Manganese	*mg*	0.016			0.014	0.054	0.073
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.060			0.051	0.204	0.272
Riboflavin	*mg*	0.260			0.221	0.884	1.179
Niacin	*mg*	4.710			4.004	16.014	21.365
Pantothenic acid	*mg*	0.250			0.213	0.850	1.134
Vitamin B-6	*mg*	0.27			0.23	0.92	1.22
Folate	*mcg*	9			7	30	39
Vitamin B-12	*mcg*	2.00			1.70	6.80	9.07
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	6.45			5.48	21.93	29.26
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.01	0.05	0.07
12:0	*g*	0.02			0.01	0.06	0.08
14:0	*g*	0.47			0.40	1.58	2.11
16:0	*g*	3.72			3.16	12.63	16.85
18:0	*g*	1.94			1.65	6.59	8.79
Monounsaturated, total	*g*	7.19			6.11	24.44	32.60
16:1	*g*	0.61			0.52	2.08	2.78
18:1	*g*	6.28			5.34	21.36	28.50
20:1	*g*	0.01			0.01	0.04	0.05
22:1	*g*						
Polyunsaturated, total	*g*	0.61			0.52	2.08	2.78
18:2	*g*	0.45			0.38	1.54	2.05
18:3	*g*	0.07			0.06	0.23	0.31
18:4	*g*						
20:4	*g*	0.07			0.06	0.22	0.30
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	81			69	274	366
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.308			0.262	1.047	1.397
Threonine	*g*	1.046			0.889	3.556	4.745
Isoleucine	*g*	1.070			0.910	3.638	4.854
Leucine	*g*	2.001			1.701	6.803	9.077
Lysine	*g*	2.085			1.772	7.089	9.458
Methionine	*g*	0.583			0.496	1.982	2.644
Cystine	*g*	0.240			0.204	0.816	1.089
Phenylalanine	*g*	0.947			0.805	3.220	4.296
Tyrosine	*g*	0.779			0.662	2.649	3.534
Valine	*g*	1.210			1.029	4.114	5.489
Arginine	*g*	1.685			1.432	5.729	7.643
Histidine	*g*	0.795			0.676	2.703	3.606
Alanine	*g*	1.630			1.386	5.542	7.394
Aspartic acid	*g*	2.281			1.939	7.755	10.347
Glutamic acid	*g*	3.926			3.337	13.348	17.808
Glycine	*g*	1.853			1.575	6.300	8.405
Proline	*g*	1.266			1.076	4.304	5.743
Serine	*g*	0.967			0.822	3.288	4.386

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF GROUND, Extra lean, Cooked, pan-fried, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 295 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	53.93			45.84	159.09	244.63
Food energy	*kcal*	263			224	777	1,195
	kJ	1,102			937	3,251	4,999
Protein (N x 6.25)	*g*	27.99			23.79	82.57	126.96
Total lipid (fat)	*g*	15.95			13.56	47.05	72.35
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.19			1.01	3.51	5.40
Minerals:							
Calcium	*mg*	8			7	24	37
Iron	*mg*	2.73			2.32	8.05	12.38
Magnesium	*mg*	24			21	71	110
Phosphorus	*mg*	185			157	546	840
Potassium	*mg*	360			306	1,063	1,635
Sodium	*mg*	81			69	238	366
Zinc	*mg*	6.27			5.33	18.50	28.44
Copper	*mg*	0.101			0.086	0.298	0.458
Manganese	*mg*	0.018			0.015	0.053	0.082
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.070			0.060	0.207	0.318
Riboflavin	*mg*	0.300			0.255	0.885	1.361
Niacin	*mg*	5.440			4.624	16.048	24.676
Pantothenic acid	*mg*	0.290			0.247	0.856	1.315
Vitamin B-6	*mg*	0.31			0.26	0.91	1.41
Folate	*mcg*	10			9	30	46
Vitamin B-12	*mcg*	2.32			1.97	6.84	10.52
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	6.27			5.33	18.48	28.42
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.01	0.04	0.07
12:0	*g*	0.02			0.01	0.05	0.07
14:0	*g*	0.45			0.39	1.34	2.05
16:0	*g*	3.61			3.07	10.64	16.37
18:0	*g*	1.88			1.60	5.55	8.53
Monounsaturated, total	*g*	6.98			5.94	20.60	31.67
16:1	*g*	0.60			0.51	1.76	2.70
18:1	*g*	6.10			5.19	18.00	27.68
20:1	*g*	0.01			0.01	0.04	0.05
22:1	*g*						
Polyunsaturated, total	*g*	0.60			0.51	1.76	2.70
18:2	*g*	0.44			0.37	1.30	1.99
18:3	*g*	0.07			0.06	0.19	0.30
18:4	*g*						
20:4	*g*	0.06			0.05	0.19	0.29
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	~93			79	275	423
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.345			0.293	1.018	1.565
Threonine	*g*	1.173			0.997	3.460	5.321
Isoleucine	*g*	1.200			1.020	3.540	5.443
Leucine	*g*	2.243			1.907	6.617	10.174
Lysine	*g*	2.338			1.987	6.897	10.605
Methionine	*g*	0.654			0.556	1.929	2.967
Cystine	*g*	0.269			0.229	0.794	1.220
Phenylalanine	*g*	1.061			0.902	3.130	4.813
Tyrosine	*g*	0.873			0.742	2.575	3.960
Valine	*g*	1.357			1.153	4.003	6.155
Arginine	*g*	1.890			1.607	5.576	8.573
Histidine	*g*	0.891			0.757	2.628	4.042
Alanine	*g*	1.827			1.553	5.390	8.287
Aspartic acid	*g*	2.557			2.173	7.543	11.599
Glutamic acid	*g*	4.402			3.742	12.986	19.967
Glycine	*g*	2.078			1.766	6.130	9.426
Proline	*g*	1.420			1.207	4.189	6.441
Serine	*g*	1.084			0.921	3.198	4.917

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Lean, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	60.18	0.526	73	68.00	17.06	272.98
Food energy	kcal	264			298	75	1,197
	kJ	1,104			1,248	313	5,009
Protein (N x 6.25)	g	17.69	0.137	54	19.98	5.01	80.22
Total lipid (fat)	g	20.67	0.595	73	23.35	5.86	93.74
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.94	0.053	11	1.06	0.27	4.27
Minerals:							
Calcium	mg	8	0.617	35	9	2	35
Iron	mg	1.77	0.031	36	1.99	0.50	8.01
Magnesium	mg	18	0.422	31	20	5	81
Phosphorus	mg	136			154	39	619
Potassium	mg	261	3.521	36	295	74	1,183
Sodium	mg	69	0.898	36	78	20	314
Zinc	mg	3.86	0.066	36	4.36	1.09	17.52
Copper	mg	0.073	0.004	36	0.082	0.021	0.331
Manganese	mg	0.015	0.001	35	0.017	0.004	0.068
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.050			0.057	0.014	0.227
Riboflavin	mg	0.210			0.237	0.060	0.953
Niacin	mg	4.510			5.096	1.279	20.457
Pantothenic acid	mg	0.370			0.418	0.105	1.678
Vitamin B-6	mg	0.25			0.28	0.07	1.13
Folate	mcg	8			9	2	35
Vitamin B-12	mcg	2.34		1	2.64	0.66	10.61
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	8.31			9.39	2.36	37.68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03		1	0.03	0.01	0.11
12:0	g	0.02		1	0.02	0.01	0.10
14:0	g	0.58		1	0.66	0.16	2.63
16:0	g	4.77		1	5.38	1.35	21.61
18:0	g	2.47		1	2.79	0.70	11.22
Monounsaturated, total	g	9.01			10.18	2.55	40.87
16:1	g	0.84		1	0.95	0.24	3.81
18:1	g	7.76		1	8.77	2.20	35.19
20:1	g	0.02		1	0.03	0.01	0.11
22:1	g						
Polyunsaturated, total	g	0.85			0.96	0.24	3.87
18:2	g	0.63		1	0.72	0.18	2.87
18:3	g	0.10		1	0.11	0.03	0.45
18:4	g						
20:4	g	0.09		1	0.10	0.02	0.40
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	75			85	21	340
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.218			0.246	0.062	0.989
Threonine	g	0.741			0.837	0.210	3.361
Isoleucine	g	0.758			0.857	0.215	3.438
Leucine	g	1.418			1.602	0.402	6.432
Lysine	g	1.477			1.669	0.419	6.700
Methionine	g	0.413			0.467	0.117	1.873
Cystine	g	0.170			0.192	0.048	0.771
Phenylalanine	g	0.671			0.758	0.190	3.044
Tyrosine	g	0.552			0.624	0.156	2.504
Valine	g	0.857			0.968	0.243	3.887
Arginine	g	1.194			1.349	0.338	5.416
Histidine	g	0.563			0.636	0.160	2.554
Alanine	g	1.155			1.305	0.327	5.239
Aspartic acid	g	1.616			1.826	0.458	7.330
Glutamic acid	g	2.782			3.144	0.789	12.619
Glycine	g	1.313			1.484	0.372	5.956
Proline	g	0.897			1.014	0.254	4.069
Serine	g	0.685			0.774	0.194	3.107

BEEF, GROUND, Lean, Cooked, baked, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 336 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.89			48.36	191.15	258.05
Food energy	kcal	268			227	899	1,214
	kJ	1,120			952	3,762	5,079
Protein (N x 6.25)	g	23.93			20.34	80.40	108.55
Total lipid (fat)	g	18.34			15.59	61.62	83.19
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.84			0.71	2.82	3.81
Minerals:							
Calcium	mg	9			8	32	43
Iron	mg	2.09			1.78	7.02	9.48
Magnesium	mg	17			14	55	75
Phosphorus	mg	128			109	430	581
Potassium	mg	224			190	752	1,015
Sodium	mg	56			47	187	253
Zinc	mg	5.10			4.34	17.14	23.13
Copper	mg	0.072			0.061	0.242	0.327
Manganese	mg	0.014			0.012	0.047	0.064
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.050			0.043	0.168	0.227
Riboflavin	mg	0.190			0.162	0.638	0.862
Niacin	mg	4.280			3.638	14.381	19.414
Pantothenic acid	mg	0.270			0.230	0.907	1.225
Vitamin B-6	mg	0.20			0.17	0.67	0.91
Folate	mcg	9			8	31	41
Vitamin B-12	mcg	1.77			1.50	5.95	8.03
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	7.21			6.12	24.21	32.68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.01	0.06	0.08
12:0	g	0.02			0.02	0.06	0.09
14:0	g	0.52			0.44	1.75	2.36
16:0	g	4.15			3.53	13.94	18.82
18:0	g	2.16			1.84	7.27	9.81
Monounsaturated, total	g	8.03			6.82	26.98	36.42
16:1	g	0.69			0.58	2.30	3.11
18:1	g	7.02			5.97	23.58	31.83
20:1	g	0.01			0.01	0.05	0.06
22:1	g						
Polyunsaturated, total	g	0.68			0.58	2.30	3.10
18:2	g	0.50			0.43	1.69	2.29
18:3	g	0.08			0.06	0.26	0.34
18:4	g						
20:4	g	0.07			0.06	0.25	0.33
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	78			66	262	353
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.295			0.251	0.991	1.338
Threonine	g	1.003			0.853	3.370	4.550
Isoleucine	g	1.026			0.872	3.447	4.654
Leucine	g	1.918			1.630	6.444	8.700
Lysine	g	1.999			1.699	6.717	9.067
Methionine	g	0.559			0.475	1.878	2.536
Cystine	g	0.230			0.196	0.773	1.043
Phenylalanine	g	0.907			0.771	3.048	4.114
Tyrosine	g	0.747			0.635	2.510	3.388
Valine	g	1.160			0.986	3.898	5.262
Arginine	g	1.616			1.374	5.430	7.330
Histidine	g	0.762			0.648	2.560	3.456
Alanine	g	1.562			1.328	5.248	7.085
Aspartic acid	g	2.186			1.858	7.345	9.916
Glutamic acid	g	3.764			3.199	12.647	17.074
Glycine	g	1.777			1.510	5.971	8.060
Proline	g	1.214			1.032	4.079	5.507
Serine	g	0.927			0.788	3.115	4.205

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Lean, Cooked, baked, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 263 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	51.30			43.61	134.92	232.70
Food energy	*kcal*	292			248	768	1,324
	kJ	1,221			1,036	3,212	5,540
Protein (N x 6.25)	*g*	29.60			25.16	77.85	134.27
Total lipid (fat)	*g*	18.35			15.60	48.26	83.24
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.10			0.94	2.89	4.99
Minerals:							
Calcium	*mg*	12			10	32	54
Iron	*mg*	2.66			2.26	7.00	12.07
Magnesium	*mg*	21			18	55	96
Phosphorus	*mg*	164			139	430	742
Potassium	*mg*	286			243	751	1,295
Sodium	*mg*	71			61	187	323
Zinc	*mg*	6.51			5.53	17.12	29.53
Copper	*mg*	0.092			0.078	0.242	0.417
Manganese	*mg*	0.018			0.015	0.047	0.082
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.070			0.060	0.184	0.318
Riboflavin	*mg*	0.240			0.204	0.631	1.089
Niacin	*mg*	5.460			4.641	14.360	24.767
Pantothenic acid	*mg*	0.340			0.289	0.894	1.542
Vitamin B-6	*mg*	0.26			0.22	0.68	1.18
Folate	*mcg*	12			10	31	53
Vitamin B-12	*mcg*	2.26			1.92	5.94	10.25
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	7.21			6.13	18.96	32.70
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.01	0.04	0.08
12:0	*g*	0.02			0.02	0.05	0.09
14:0	*g*	0.52			0.44	1.37	2.36
16:0	*g*	4.15			3.53	10.92	18.83
18:0	*g*	2.16			1.84	5.69	9.82
Monounsaturated, total	*g*	8.03			6.83	21.13	36.44
16:1	*g*	0.69			0.58	1.80	3.11
18:1	*g*	7.02			5.97	18.47	31.85
20:1	*g*	0.01			0.01	0.04	0.06
22:1	*g*						
Polyunsaturated, total	*g*	0.68			0.58	1.80	3.10
18:2	*g*	0.51			0.43	1.33	2.29
18:3	*g*	0.08			0.06	0.20	0.34
18:4	*g*						
20:4	*g*	0.07			0.06	0.19	0.33
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	99			84	261	451
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.365			0.310	0.960	1.656
Threonine	*g*	1.241			1.055	3.264	5.629
Isoleucine	*g*	1.269			1.079	3.337	5.756
Leucine	*g*	2.373			2.017	6.241	10.764
Lysine	*g*	2.472			2.101	6.501	11.213
Methionine	*g*	0.691			0.587	1.817	3.134
Cystine	*g*	0.284			0.241	0.747	1.288
Phenylalanine	*g*	1.122			0.954	2.951	5.089
Tyrosine	*g*	0.924			0.785	2.430	4.191
Valine	*g*	1.435			1.220	3.774	6.509
Arginine	*g*	1.999			1.699	5.257	9.067
Histidine	*g*	0.942			0.801	2.477	4.273
Alanine	*g*	1.932			1.642	5.081	8.764
Aspartic acid	*g*	2.704			2.298	7.112	12.265
Glutamic acid	*g*	4.655			3.957	12.243	21.115
Glycine	*g*	2.198			1.868	5.781	9.970
Proline	*g*	1.501			1.276	3.948	6.809
Serine	*g*	1.146			0.974	3.014	5.198

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Lean, Cooked, broiled, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 322 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.74			47.38	179.48	252.84
Food energy	kcal	272			231	876	1,235
	kJ	1,139			968	3,667	5,166
Protein (N x 6.25)	g	24.72			21.01	79.60	112.13
Total lipid (fat)	g	18.46			15.69	59.44	83.73
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.08			0.92	3.48	4.90
Minerals:							
Calcium	mg	11			9	34	48
Iron	mg	2.11			1.79	6.79	9.57
Magnesium	mg	21			18	67	94
Phosphorus	mg	158			134	507	714
Potassium	mg	301			256	970	1,366
Sodium	mg	77			65	248	349
Zinc	mg	5.36			4.56	17.26	24.31
Copper	mg	0.066			0.056	0.213	0.299
Manganese	mg	0.014			0.012	0.045	0.064
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.050			0.043	0.161	0.227
Riboflavin	mg	0.210			0.179	0.676	0.953
Niacin	mg	5.160			4.386	16.615	23.406
Pantothenic acid	mg	0.380			0.323	1.224	1.724
Vitamin B-6	mg	0.26			0.22	0.84	1.18
Folate	mcg	9			8	30	42
Vitamin B-12	mcg	2.35			2.00	7.57	10.66
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	7.25			6.16	23.35	32.90
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.01	0.05	0.08
12:0	g	0.02			0.02	0.06	0.09
14:0	g	0.52			0.45	1.69	2.38
16:0	g	4.18			3.55	13.45	18.94
18:0	g	2.18			1.85	7.01	9.87
Monounsaturated, total	g	8.08			6.87	26.02	36.66
16:1	g	0.69			0.59	2.22	3.13
18:1	g	7.06			6.00	22.75	32.04
20:1	g	0.01			0.01	0.05	0.06
22:1	g						
Polyunsaturated, total	g	0.69			0.58	2.22	3.12
18:2	g	0.51			0.43	1.64	2.30
18:3	g	0.08			0.07	0.25	0.35
18:4	g						
20:4	g	0.07			0.06	0.24	0.34
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	87			74	280	395
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.305			0.259	0.982	1.383
Threonine	g	1.036			0.881	3.336	4.699
Isoleucine	g	1.060			0.901	3.413	4.808
Leucine	g	1.981			1.684	6.379	8.986
Lysine	g	2.065			1.755	6.649	9.367
Methionine	g	0.577			0.490	1.858	2.617
Cystine	g	0.237			0.201	0.763	1.075
Phenylalanine	g	0.937			0.796	3.017	4.250
Tyrosine	g	0.771			0.655	2.483	3.497
Valine	g	1.198			1.018	3.858	5.434
Arginine	g	1.669			1.419	5.374	7.571
Histidine	g	0.787			0.669	2.534	3.570
Alanine	g	1.614			1.372	5.197	7.321
Aspartic acid	g	2.258			1.919	7.271	10.242
Glutamic acid	g	3.888			3.305	12.519	17.636
Glycine	g	1.835			1.560	5.909	8.324
Proline	g	1.254			1.066	4.038	5.688
Serine	g	0.957			0.813	3.082	4.341

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Lean, Cooked, broiled, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 281 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	52.86			44.93	148.54	239.77
Food energy	*kcal*	280			238	785	1,268
	kJ	1,169			994	3,286	5,305
Protein (N x 6.25)	*g*	28.20			23.97	79.24	127.92
Total lipid (fat)	*g*	17.64			14.99	49.57	80.02
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.30			1.11	3.65	5.90
Minerals:							
Calcium	*mg*	12			10	34	55
Iron	*mg*	2.45			2.08	6.88	11.11
Magnesium	*mg*	24			20	67	108
Phosphorus	*mg*	182			155	513	827
Potassium	*mg*	349			296	980	1,582
Sodium	*mg*	89			76	250	404
Zinc	*mg*	6.20			5.27	17.42	28.12
Copper	*mg*	0.077			0.065	0.216	0.349
Manganese	*mg*	0.017			0.014	0.048	0.077
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.060			0.051	0.169	0.272
Riboflavin	*mg*	0.240			0.204	0.674	1.089
Niacin	*mg*	5.970			5.075	16.776	27.086
Pantothenic acid	*mg*	0.440			0.374	1.236	1.996
Vitamin B-6	*mg*	0.30			0.26	0.84	1.36
Folate	*mcg*	11			9	30	48
Vitamin B-12	*mcg*	2.72			2.31	7.64	12.34
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	6.93			5.89	19.47	31.43
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.01	0.05	0.08
12:0	*g*	0.02			0.02	0.05	0.08
14:0	*g*	0.50			0.43	1.41	2.27
16:0	*g*	3.99			3.39	11.21	18.10
18:0	*g*	2.08			1.77	5.85	9.44
Monounsaturated, total	*g*	7.72			6.56	21.70	35.03
16:1	*g*	0.66			0.56	1.85	2.99
18:1	*g*	6.75			5.74	18.97	30.62
20:1	*g*	0.01			0.01	0.04	0.06
22:1	*g*						
Polyunsaturated, total	*g*	0.66			0.56	1.85	2.98
18:2	*g*	0.49			0.41	1.36	2.20
18:3	*g*	0.07			0.06	0.21	0.33
18:4	*g*						
20:4	*g*	0.07			0.06	0.20	0.32
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	101			86	283	457
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.347			0.295	0.975	1.574
Threonine	*g*	1.182			1.005	3.321	5.362
Isoleucine	*g*	1.209			1.028	3.397	5.484
Leucine	*g*	2.261			1.922	6.353	10.256
Lysine	*g*	2.355			2.002	6.618	10.682
Methionine	*g*	0.659			0.560	1.852	2.989
Cystine	*g*	0.271			0.230	0.762	1.229
Phenylalanine	*g*	1.069			0.909	3.004	4.849
Tyrosine	*g*	0.880			0.748	2.473	3.992
Valine	*g*	1.367			1.162	3.841	6.201
Arginine	*g*	1.904			1.618	5.350	8.637
Histidine	*g*	0.898			0.763	2.523	4.073
Alanine	*g*	1.841			1.565	5.173	8.351
Aspartic acid	*g*	2.576			2.190	7.239	11.685
Glutamic acid	*g*	4.435			3.770	12.462	20.117
Glycine	*g*	2.094			1.780	5.884	9.498
Proline	*g*	1.430			1.216	4.018	6.486
Serine	*g*	1.092			0.928	3.069	4.953

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Lean, Cooked, pan-fried, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 327 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	55.62			47.28	181.88	252.29
Food energy	*kcal*	275			234	901	1,249
	kJ	1,152			979	3,768	5,227
Protein (N x 6.25)	*g*	24.23			20.60	79.23	109.91
Total lipid (fat)	*g*	19.06			16.20	62.33	86.46
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.09			0.93	3.56	4.94
Minerals:							
Calcium	*mg*	10			8	32	44
Iron	*mg*	2.18			1.85	7.13	9.89
Magnesium	*mg*	20			17	67	93
Phosphorus	*mg*	159			135	521	723
Potassium	*mg*	299			254	978	1,357
Sodium	*mg*	77			65	251	348
Zinc	*mg*	5.20			4.42	17.00	23.59
Copper	*mg*	0.077			0.065	0.252	0.349
Manganese	*mg*	0.014			0.012	0.046	0.064
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.050			0.043	0.164	0.227
Riboflavin	*mg*	0.220			0.187	0.719	0.998
Niacin	*mg*	4.790			4.072	15.663	21.727
Pantothenic acid	*mg*	0.320			0.272	1.046	1.452
Vitamin B-6	*mg*	0.28			0.24	0.92	1.27
Folate	*mcg*	9			8	30	42
Vitamin B-12	*mcg*	2.27			1.93	7.42	10.30
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	7.49			6.36	24.49	33.97
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.02	0.06	0.08
12:0	*g*	0.02			0.02	0.06	0.09
14:0	*g*	0.54			0.46	1.77	2.45
16:0	*g*	4.31			3.67	14.10	19.56
18:0	*g*	2.25			1.91	7.35	10.20
Monounsaturated, total	*g*	8.34			7.09	27.28	37.85
16:1	*g*	0.71			0.61	2.33	3.23
18:1	*g*	7.29			6.20	23.85	33.08
20:1	*g*	0.01			0.01	0.05	0.06
22:1	*g*						
Polyunsaturated, total	*g*	0.71			0.60	2.32	3.23
18:2	*g*	0.52			0.45	1.71	2.38
18:3	*g*	0.08			0.07	0.26	0.36
18:4	*g*						
20:4	*g*	0.08			0.06	0.25	0.34
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	84			71	275	381
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.299			0.254	0.978	1.356
Threonine	*g*	1.016			0.864	3.322	4.609
Isoleucine	*g*	1.039			0.883	3.398	4.713
Leucine	*g*	1.942			1.651	6.350	8.809
Lysine	*g*	2.024			1.720	6.618	9.181
Methionine	*g*	0.566			0.481	1.851	2.567
Cystine	*g*	0.233			0.198	0.762	1.057
Phenylalanine	*g*	0.919			0.781	3.005	4.169
Tyrosine	*g*	0.756			0.643	2.472	3.429
Valine	*g*	1.175			0.999	3.842	5.330
Arginine	*g*	1.636			1.391	5.350	7.421
Histidine	*g*	0.772			0.656	2.524	3.502
Alanine	*g*	1.582			1.345	5.173	7.176
Aspartic acid	*g*	2.214			1.882	7.240	10.043
Glutamic acid	*g*	3.811			3.239	12.462	17.287
Glycine	*g*	1.799			1.529	5.883	8.160
Proline	*g*	1.229			1.045	4.019	5.575
Serine	*g*	0.938			0.797	3.067	4.255

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Lean, Cooked, pan-fried, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 286 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	53.70			45.65	153.56	243.58
Food energy	kcal	277			235	791	1,255
	kJ	1,157			984	3,310	5,249
Protein (N x 6.25)	g	27.60			23.43	78.82	125.01
Total lipid (fat)	g	17.67			15.02	50.54	80.15
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20			1.02	3.43	5.44
Minerals:							
Calcium	mg	11			9	31	50
Iron	mg	2.48			2.11	7.09	11.25
Magnesium	mg	23			20	66	105
Phosphorus	mg	181			154	518	821
Potassium	mg	340			289	973	1,543
Sodium	mg	87			74	249	396
Zinc	mg	5.91			5.02	16.90	26.81
Copper	mg	0.088			0.075	0.252	0.399
Manganese	mg	0.016			0.014	0.046	0.073
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.060			0.051	0.172	0.272
Riboflavin	mg	0.240			0.204	0.686	1.089
Niacin	mg	5.450			4.633	15.587	24.721
Pantothenic acid	mg	0.360			0.306	1.030	1.633
Vitamin B-6	mg	0.32			0.27	0.92	1.45
Folate	mcg	10			9	30	47
Vitamin B-12	mcg	2.58			2.19	7.38	11.70
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	6.94			5.90	19.85	31.49
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.01	0.05	0.08
12:0	g	0.02			0.02	0.05	0.08
14:0	g	0.50			0.43	1.43	2.27
16:0	g	4.00			3.40	11.43	18.13
18:0	g	2.08			1.77	5.96	9.45
Monounsaturated, total	g	7.74			6.58	22.12	35.09
16:1	g	0.66			0.56	1.89	2.99
18:1	g	6.76			5.75	19.34	30.67
20:1	g	0.01			0.01	0.04	0.06
22:1	g						
Polyunsaturated, total	g	0.66			0.56	1.88	2.99
18:2	g	0.49			0.41	1.39	2.20
18:3	g	0.07			0.06	0.21	0.33
18:4	g						
20:4	g	0.07			0.06	0.20	0.32
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95			81	273	433
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.340			0.289	0.972	1.542
Threonine	g	1.157			0.983	3.309	5.248
Isoleucine	g	1.183			1.006	3.383	5.366
Leucine	g	2.212			1.880	6.326	10.034
Lysine	g	2.305			1.959	6.592	10.455
Methionine	g	0.645			0.548	1.845	2.926
Cystine	g	0.265			0.225	0.758	1.202
Phenylalanine	g	1.047			0.890	2.994	4.749
Tyrosine	g	0.861			0.732	2.462	3.905
Valine	g	1.338			1.137	3.827	6.069
Arginine	g	1.864			1.584	5.331	8.455
Histidine	g	0.879			0.747	2.514	3.987
Alanine	g	1.802			1.532	5.154	8.174
Aspartic acid	g	2.522			2.144	7.213	11.440
Glutamic acid	g	4.341			3.690	12.415	19.691
Glycine	g	2.049			1.742	5.860	9.294
Proline	g	1.400			1.190	4.004	6.350
Serine	g	1.069			0.909	3.057	4.849

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Regular, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	1 oz = 28.35 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.08	0.285	60	63.35	15.89	254.29
Food energy	kcal	310			351	88	1,408
	kJ	1,299			1,468	368	5,893
Protein (N x 6.25)	g	16.62	0.154	54	18.78	4.71	75.40
Total lipid (fat)	g	26.55	0.461	58	30.00	7.53	120.44
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.00	0.115	8	1.13	0.28	4.52
Minerals:							
Calcium	mg	8	0.406	41	10	2	38
Iron	mg	1.73	0.034	40	1.96	0.49	7.86
Magnesium	mg	16	0.251	39	18	4	71
Phosphorus	mg	130			146	37	587
Potassium	mg	228	3.495	40	258	65	1,035
Sodium	mg	68	1.385	41	77	19	308
Zinc	mg	3.55	0.063	40	4.01	1.01	16.08
Copper	mg	0.062	0.001	40	0.070	0.018	0.281
Manganese	mg	0.017	0.001	39	0.019	0.005	0.077
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.038			0.043	0.011	0.172
Riboflavin	mg	0.151			0.171	0.043	0.685
Niacin	mg	4.480			5.062	1.270	20.321
Pantothenic acid	mg	0.346			0.391	0.098	1.569
Vitamin B-6	mg	0.24			0.27	0.07	1.10
Folate	mcg	7			8	2	32
Vitamin B-12	mcg	2.65		1	2.99	0.75	12.02
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	10.78			12.18	3.06	48.90
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04		1	0.05	0.01	0.19
12:0	g	0.03		1	0.04	0.01	0.15
14:0	g	0.76		1	0.86	0.22	3.46
16:0	g	6.18		1	6.99	1.75	28.04
18:0	g	3.19		1	3.61	0.90	14.48
Monounsaturated, total	g	11.64			13.15	3.30	52.80
16:1	g	1.12		1	1.27	0.32	5.09
18:1	g	9.98		1	11.28	2.83	45.28
20:1	g	0.03		1	0.04	0.01	0.15
22:1	g						
Polyunsaturated, total	g	1.08			1.22	0.31	4.89
18:2	g	0.78		1	0.88	0.22	3.55
18:3	g	0.16		1	0.18	0.05	0.72
18:4	g						
20:4	g	0.10		1	0.11	0.03	0.45
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			96	24	384
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.205			0.232	0.058	0.930
Threonine	g	0.697			0.788	0.198	3.162
Isoleucine	g	0.713			0.806	0.202	3.234
Leucine	g	1.332			1.505	0.378	6.042
Lysine	g	1.388			1.568	0.393	6.296
Methionine	g	0.388			0.438	0.110	1.760
Cystine	g	0.160			0.181	0.045	0.726
Phenylalanine	g	0.630			0.712	0.179	2.858
Tyrosine	g	0.519			0.586	0.147	2.354
Valine	g	0.806			0.911	0.229	3.656
Arginine	g	1.122			1.268	0.318	5.089
Histidine	g	0.529			0.598	0.150	2.400
Alanine	g	1.085			1.226	0.308	4.922
Aspartic acid	g	1.518			1.715	0.430	6.886
Glutamic acid	g	2.614			2.954	0.741	11.857
Glycine	g	1.234			1.394	0.350	5.597
Proline	g	0.843			0.953	0.239	3.824
Serine	g	0.643			0.727	0.182	2.917

BEEF, GROUND, Regular, Cooked, baked, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 318 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	55.10			46.84	175.22	249.93
Food energy	*kcal*	287			244	913	1,302
	kJ	1,201			1,021	3,820	5,449
Protein (N x 6.25)	*g*	23.02			19.57	73.20	104.42
Total lipid (fat)	*g*	20.93			17.79	66.56	94.94
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.95			0.81	3.02	4.31
Minerals:							
Calcium	*mg*	10			8	31	44
Iron	*mg*	2.41			2.05	7.66	10.93
Magnesium	*mg*	15			13	49	70
Phosphorus	*mg*	137			117	436	622
Potassium	*mg*	221			188	703	1,003
Sodium	*mg*	60			51	191	273
Zinc	*mg*	4.89			4.16	15.55	22.18
Copper	*mg*	0.070			0.060	0.223	0.318
Manganese	*mg*	0.017			0.014	0.054	0.077
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.030			0.026	0.095	0.136
Riboflavin	*mg*	0.160			0.136	0.509	0.726
Niacin	*mg*	4.750			4.038	15.105	21.546
Pantothenic acid	*mg*	0.220			0.187	0.700	0.998
Vitamin B-6	*mg*	0.23			0.20	0.73	1.04
Folate	*mcg*	9			7	28	40
Vitamin B-12	*mcg*	2.34			1.99	7.44	10.61
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	8.22			6.99	26.15	37.29
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.02	0.06	0.09
12:0	*g*	0.02			0.02	0.07	0.10
14:0	*g*	0.59			0.50	1.89	2.69
16:0	*g*	4.74			4.02	15.06	21.48
18:0	*g*	2.47			2.10	7.85	11.20
Monounsaturated, total	*g*	9.16			7.79	29.14	41.56
16:1	*g*	0.78			0.66	2.49	3.55
18:1	*g*	8.01			6.81	25.47	36.33
20:1	*g*	0.02			0.01	0.05	0.07
22:1	*g*						
Polyunsaturated, total	*g*	0.78			0.66	2.48	3.54
18:2	*g*	0.58			0.49	1.83	2.61
18:3	*g*	0.09			0.07	0.26	0.39
18:4	*g*						
20:4	*g*	0.08			0.07	0.27	0.38
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	87			74	276	394
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.284			0.241	0.903	1.288
Threonine	*g*	0.965			0.820	3.069	4.377
Isoleucine	*g*	0.987			0.839	3.139	4.477
Leucine	*g*	1.845			1.568	5.867	8.369
Lysine	*g*	1.923			1.635	6.115	8.723
Methionine	*g*	0.538			0.457	1.711	2.440
Cystine	*g*	0.221			0.188	0.703	1.002
Phenylalanine	*g*	0.873			0.742	2.776	3.960
Tyrosine	*g*	0.718			0.610	2.283	3.257
Valine	*g*	1.116			0.949	3.549	5.062
Arginine	*g*	1.554			1.321	4.942	7.049
Histidine	*g*	0.733			0.623	2.331	3.325
Alanine	*g*	1.503			1.278	4.780	6.818
Aspartic acid	*g*	2.103			1.788	6.688	9.539
Glutamic acid	*g*	3.620			3.077	11.512	16.420
Glycine	*g*	1.709			1.453	5.435	7.752
Proline	*g*	1.168			0.993	3.714	5.298
Serine	*g*	0.891			0.757	2.833	4.042

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Regular, Cooked, baked, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 254 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	48.90			41.57	124.21	221.81
Food energy	kcal	317			269	804	1,436
	kJ	1,325			1,126	3,365	6,009
Protein (N x 6.25)	g	28.80			24.48	73.15	130.64
Total lipid (fat)	g	21.47			18.25	54.53	97.39
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.20			1.02	3.05	5.44
Minerals:							
Calcium	mg	12			10	31	55
Iron	mg	2.99			2.54	7.59	13.56
Magnesium	mg	19			16	49	87
Phosphorus	mg	170			144	432	771
Potassium	mg	274			233	696	1,243
Sodium	mg	75			63	189	338
Zinc	mg	6.07			5.16	15.42	27.53
Copper	mg	0.086			0.073	0.218	0.390
Manganese	mg	0.021			0.018	0.053	0.095
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.040			0.034	0.102	0.181
Riboflavin	mg	0.200			0.170	0.508	0.907
Niacin	mg	5.890			5.007	14.961	26.717
Pantothenic acid	mg	0.270			0.230	0.686	1.225
Vitamin B-6	mg	0.29			0.25	0.74	1.32
Folate	mcg	11			9	28	49
Vitamin B-12	mcg	2.90			2.47	7.37	13.15
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	8.43			7.17	21.42	38.26
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.05	0.09
12:0	g	0.02			0.02	0.06	0.10
14:0	g	0.61			0.52	1.55	2.76
16:0	g	4.86			4.13	12.34	22.03
18:0	g	2.53			2.15	6.43	11.49
Monounsaturated, total	g	9.40			7.99	23.87	42.63
16:1	g	0.80			0.68	2.04	3.64
18:1	g	8.22			6.98	20.87	37.27
20:1	g	0.02			0.01	0.04	0.07
22:1	g						
Polyunsaturated, total	g	0.80			0.68	2.03	3.63
18:2	g	0.59			0.50	1.50	2.68
18:3	g	0.09			0.08	0.23	0.40
18:4	g						
20:4	g	0.09			0.07	0.22	0.39
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	108			92	274	488
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.355			0.302	0.902	1.610
Threonine	g	1.207			1.026	3.066	5.475
Isoleucine	g	1.235			1.050	3.137	5.602
Leucine	g	2.309			1.963	5.865	10.474
Lysine	g	2.405			2.044	6.109	10.909
Methionine	g	0.673			0.572	1.709	3.053
Cystine	g	0.276			0.235	0.701	1.252
Phenylalanine	g	1.092			0.928	2.774	4.953
Tyrosine	g	0.899			0.764	2.283	4.078
Valine	g	1.396			1.187	3.546	6.332
Arginine	g	1.945			1.653	4.940	8.823
Histidine	g	0.917			0.779	2.329	4.160
Alanine	g	1.880			1.598	4.775	8.528
Aspartic acid	g	2.531			2.236	6.683	11.934
Glutamic acid	g	4.530			3.851	11.506	20.548
Glycine	g	2.138			1.817	5.431	9.698
Proline	g	1.461			1.242	3.711	6.627
Serine	g	1.115			0.948	2.832	5.058

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Regular, Cooked, broiled, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 304 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	54.24			46.10	164.89	246.03
Food energy	*kcal*	289			246	880	1,313
	kJ	1,211			1,029	3,681	5,492
Protein (N x 6.25)	*g*	24.07			20.46	73.17	109.18
Total lipid (fat)	*g*	20.69			17.59	62.90	93.85
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.00			0.85	3.03	4.52
Minerals:							
Calcium	*mg*	11			9	33	49
Iron	*mg*	2.44			2.07	7.42	11.07
Magnesium	*mg*	20			17	60	89
Phosphorus	*mg*	170			144	516	770
Potassium	*mg*	292			248	887	1,324
Sodium	*mg*	83			70	251	375
Zinc	*mg*	5.18			4.40	15.75	23.50
Copper	*mg*	0.082			0.070	0.249	0.372
Manganese	*mg*	0.017			0.014	0.052	0.077
Vitamins:							
Ascorbic acid	*mg*	0.0			0.0	0.0	0.0
Thiamin	*mg*	0.030			0.026	0.091	0.136
Riboflavin	*mg*	0.190			0.162	0.578	0.862
Niacin	*mg*	5.770			4.905	17.541	26.173
Pantothenic acid	*mg*	0.330			0.281	1.003	1.497
Vitamin B-6	*mg*	0.27			0.23	0.82	1.22
Folate	*mcg*	9			8	27	41
Vitamin B-12	*mcg*	2.93			2.49	8.91	13.29
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	*g*	8.13			6.91	24.71	36.87
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.02			0.02	0.06	0.09
12:0	*g*	0.02			0.02	0.06	0.10
14:0	*g*	0.59			0.50	1.78	2.66
16:0	*g*	4.68			3.98	14.23	21.23
18:0	*g*	2.44			2.07	7.42	11.07
Monounsaturated, total	*g*	9.06			7.70	27.54	41.09
16:1	*g*	0.77			0.66	2.35	3.51
18:1	*g*	7.92			6.73	24.07	35.91
20:1	*g*	0.02			0.01	0.05	0.07
22:1	*g*						
Polyunsaturated, total	*g*	0.77			0.66	2.34	3.50
18:2	*g*	0.57			0.48	1.73	2.58
18:3	*g*	0.09			0.07	0.26	0.39
18:4	*g*						
20:4	*g*	0.08			0.07	0.25	0.38
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	90			76	273	408
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.297			0.252	0.903	1.347
Threonine	*g*	1.009			0.858	3.067	4.577
Isoleucine	*g*	1.032			0.877	3.137	4.681
Leucine	*g*	1.929			1.640	5.864	8.750
Lysine	*g*	2.010			1.708	6.110	9.117
Methionine	*g*	0.562			0.478	1.708	2.549
Cystine	*g*	0.231			0.196	0.702	1.048
Phenylalanine	*g*	0.913			0.776	2.776	4.141
Tyrosine	*g*	0.751			0.638	2.283	3.407
Valine	*g*	1.167			0.992	3.548	5.294
Arginine	*g*	1.625			1.381	4.940	7.371
Histidine	*g*	0.766			0.651	2.329	3.475
Alanine	*g*	1.571			1.335	4.776	7.126
Aspartic acid	*g*	2.199			1.869	6.685	9.975
Glutamic acid	*g*	3.786			3.218	11.509	17.173
Glycine	*g*	1.787			1.519	5.432	8.106
Proline	*g*	1.221			1.038	3.712	5.538
Serine	*g*	0.932			0.792	2.833	4.228

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[1] Raw weight includes refuse; cooked weight excludes refuse.

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BEEF, GROUND, Regular, Cooked, broiled, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 272 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.00			44.20	141.44	235.87
Food energy	kcal	292			248	793	1,323
	kJ	1,220			1,037	3,320	5,536
Protein (N x 6.25)	g	27.20			23.12	73.98	123.38
Total lipid (fat)	g	19.46			16.54	52.93	88.27
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.37			1.16	3.73	6.21
Minerals:							
Calcium	mg	12			10	33	55
Iron	mg	2.74			2.33	7.45	12.43
Magnesium	mg	22			19	60	101
Phosphorus	mg	191			162	518	864
Potassium	mg	327			278	891	1,485
Sodium	mg	93			79	252	420
Zinc	mg	5.81			4.94	15.80	26.35
Copper	mg	0.092			0.078	0.250	0.417
Manganese	mg	0.020			0.017	0.054	0.091
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.040			0.034	0.109	0.181
Riboflavin	mg	0.210			0.179	0.571	0.953
Niacin	mg	6.470			5.500	17.598	29.348
Pantothenic acid	mg	0.370			0.315	1.006	1.678
Vitamin B-6	mg	0.30			0.26	0.82	1.36
Folate	mcg	10			9	27	46
Vitamin B-12	mcg	3.28			2.79	8.92	14.88
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	7.65			6.50	20.79	34.68
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.05	0.08
12:0	g	0.02			0.02	0.05	0.09
14:0	g	0.55			0.47	1.50	2.50
16:0	g	4.40			3.74	11.97	19.97
18:0	g	2.30			1.95	6.24	10.41
Monounsaturated, total	g	8.52			7.24	23.17	38.64
16:1	g	0.73			0.62	1.98	3.30
18:1	g	7.45			6.33	20.26	33.78
20:1	g	0.02			0.01	0.04	0.07
22:1	g						
Polyunsaturated, total	g	0.73			0.62	1.97	3.29
18:2	g	0.54			0.45	1.46	2.43
18:3	g	0.08			0.07	0.22	0.37
18:4	g						
20:4	g	0.08			0.07	0.21	0.35
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	101			86	274	457
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.335			0.285	0.911	1.520
Threonine	g	1.140			0.969	3.101	5.171
Isoleucine	g	1.166			0.991	3.172	5.289
Leucine	g	2.180			1.853	5.930	9.888
Lysine	g	2.272			1.931	6.180	10.306
Methionine	g	0.635			0.540	1.727	2.880
Cystine	g	0.261			0.222	0.710	1.184
Phenylalanine	g	1.031			0.876	2.804	4.677
Tyrosine	g	0.849			0.722	2.309	3.851
Valine	g	1.319			1.121	3.588	5.983
Arginine	g	1.837			1.561	4.997	8.333
Histidine	g	0.866			0.736	2.356	3.928
Alanine	g	1.776			1.510	4.831	8.056
Aspartic acid	g	2.485			2.112	6.759	11.272
Glutamic acid	g	4.278			3.636	11.636	19.405
Glycine	g	2.019			1.716	5.492	9.158
Proline	g	1.380			1.173	3.754	6.260
Serine	g	1.053			0.895	2.864	4.776

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Regular, Cooked, pan-fried, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 308 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.27			44.43	160.99	237.10
Food energy	kcal	306			260	941	1,386
	kJ	1,279			1,087	3,938	5,800
Protein (N x 6.25)	g	23.92			20.33	73.67	108.50
Total lipid (fat)	g	22.56			19.18	69.48	102.33
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.25			1.06	3.85	5.67
Minerals:							
Calcium	mg	11			10	34	51
Iron	mg	2.45			2.08	7.55	11.11
Magnesium	mg	20			17	61	89
Phosphorus	mg	171			145	525	774
Potassium	mg	300			255	924	1,361
Sodium	mg	84			71	258	380
Zinc	mg	5.07			4.31	15.62	23.00
Copper	mg	0.081			0.069	0.249	0.367
Manganese	mg	0.017			0.014	0.052	0.077
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.030			0.026	0.092	0.136
Riboflavin	mg	0.200			0.170	0.616	0.907
Niacin	mg	5.830			4.956	17.956	26.445
Pantothenic acid	mg	0.340			0.289	1.047	1.542
Vitamin B-6	mg	0.24			0.20	0.74	1.09
Folate	mcg	9			8	27	40
Vitamin B-12	mcg	2.71			2.30	8.35	12.29
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	8.86			7.53	27.30	40.20
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.06	0.10
12:0	g	0.02			0.02	0.07	0.10
14:0	g	0.64			0.54	1.97	2.90
16:0	g	5.10			4.34	15.72	23.15
18:0	g	2.66			2.26	8.20	12.07
Monounsaturated, total	g	9.88			8.39	30.42	44.80
16:1	g	0.84			0.72	2.60	3.82
18:1	g	8.63			7.34	26.59	39.16
20:1	g	0.02			0.01	0.05	0.08
22:1	g						
Polyunsaturated, total	g	0.84			0.71	2.59	3.81
18:2	g	0.62			0.53	1.91	2.81
18:3	g	0.09			0.08	0.29	0.43
18:4	g						
20:4	g	0.09			0.08	0.28	0.41
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	89			75	273	402
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.295			0.251	0.909	1.338
Threonine	g	1.003			0.853	3.089	4.550
Isoleucine	g	1.026			0.872	3.160	4.654
Leucine	g	1.917			1.629	5.904	8.696
Lysine	g	1.998			1.698	6.154	9.063
Methionine	g	0.559			0.475	1.722	2.536
Cystine	g	0.230			0.196	0.708	1.043
Phenylalanine	g	0.907			0.771	2.794	4.114
Tyrosine	g	0.746			0.634	2.298	3.384
Valine	g	1.160			0.986	3.573	5.262
Arginine	g	1.615			1.373	4.974	7.326
Histidine	g	0.762			0.648	2.347	3.456
Alanine	g	1.561			1.327	4.808	7.081
Aspartic acid	g	2.185			1.857	6.730	9.911
Glutamic acid	g	3.762			3.198	11.587	17.064
Glycine	g	1.776			1.510	5.470	8.056
Proline	g	1.213			1.031	3.736	5.502
Serine	g	0.926			0.787	2.852	4.200

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, Regular, Cooked, pan-fried, well done

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 277 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.68			44.78	145.92	238.96
Food energy	kcal	286			243	792	1,297
	kJ	1,196			1,017	3,313	5,426
Protein (N x 6.25)	g	27.00			22.95	74.79	122.47
Total lipid (fat)	g	18.92			16.08	52.41	85.82
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.40			1.19	3.88	6.35
Minerals:							
Calcium	mg	13			11	35	57
Iron	mg	2.71			2.30	7.51	12.29
Magnesium	mg	22			19	61	99
Phosphorus	mg	189			161	524	857
Potassium	mg	332			283	921	1,508
Sodium	mg	93			79	257	421
Zinc	mg	5.62			4.78	15.57	25.49
Copper	mg	0.090			0.077	0.249	0.408
Manganese	mg	0.019			0.016	0.053	0.086
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.040			0.034	0.111	0.181
Riboflavin	mg	0.210			0.179	0.582	0.953
Niacin	mg	6.460			5.491	17.894	29.303
Pantothenic acid	mg	0.380			0.323	1.053	1.724
Vitamin B-6	mg	0.27			0.23	0.75	1.22
Folate	mcg	10			8	27	45
Vitamin B-12	mcg	3.00			2.55	8.31	13.61
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	7.43			6.32	20.59	33.72
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.05	0.08
12:0	g	0.02			0.02	0.05	0.09
14:0	g	0.54			0.46	1.49	2.44
16:0	g	4.28			3.64	11.86	19.41
18:0	g	2.23			1.90	6.18	10.12
Monounsaturated, total	g	8.28			7.04	22.94	37.57
16:1	g	0.71			0.60	1.96	3.21
18:1	g	7.24			6.15	20.05	32.84
20:1	g	0.01			0.01	0.04	0.06
22:1	g						
Polyunsaturated, total	g	0.71			0.60	1.95	3.20
18:2	g	0.52			0.44	1.44	2.36
18:3	g	0.08			0.07	0.22	0.36
18:4	g						
20:4	g	0.08			0.06	0.21	0.34
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	98			83	272	445
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.333			0.283	0.922	1.510
Threonine	g	1.132			0.962	3.136	5.135
Isoleucine	g	1.158			0.984	3.208	5.253
Leucine	g	2.164			1.839	5.994	9.816
Lysine	g	2.255			1.917	6.246	10.229
Methionine	g	0.631			0.536	1.748	2.862
Cystine	g	0.259			0.220	0.717	1.175
Phenylalanine	g	1.024			0.870	2.836	4.645
Tyrosine	g	0.842			0.716	2.332	3.819
Valine	g	1.309			1.113	3.626	5.938
Arginine	g	1.823			1.550	5.050	8.269
Histidine	g	0.860			0.731	2.382	3.901
Alanine	g	1.763			1.499	4.884	7.997
Aspartic acid	g	2.467			2.097	6.834	11.190
Glutamic acid	g	4.247			3.610	11.764	19.264
Glycine	g	2.004			1.703	5.551	9.090
Proline	g	1.369			1.164	3.792	6.210
Serine	g	1.045			0.888	2.895	4.740

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, GROUND, PATTIES, Frozen, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 4 oz = 113 g	3 oz = 85 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	58.72	0.395	75	66.35	49.91	266.34
Food energy	kcal	282			319	240	1,280
	kJ	1,181			1,334	1,004	5,356
Protein (N x 6.25)	g	17.11	0.136	74	19.33	14.54	77.61
Total lipid (fat)	g	23.19	0.411	100	26.20	19.71	105.19
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.79			0.89	0.67	3.58
Minerals:							
Calcium	mg	8			9	7	36
Iron	mg	1.78			2.01	1.51	8.07
Magnesium	mg	17			19	15	78
Phosphorus	mg	134			151	114	606
Potassium	mg	248			280	211	1,126
Sodium	mg	68			77	58	308
Zinc	mg	3.80			4.29	3.23	17.24
Copper	mg	0.067			0.076	0.057	0.304
Manganese	mg	0.016			0.018	0.014	0.073
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.050			0.057	0.043	0.227
Riboflavin	mg	0.187			0.211	0.159	0.848
Niacin	mg	4.500			5.085	3.825	20.412
Pantothenic acid	mg	0.362			0.409	0.308	1.642
Vitamin B-6	mg	0.25			0.28	0.21	1.12
Folate	mcg	7			8	6	32
Vitamin B-12	mcg	2.40			2.71	2.04	10.89
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	9.36			10.58	7.96	42.47
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.03			0.04	0.03	0.15
12:0	g	0.03			0.03	0.02	0.12
14:0	g	0.66			0.74	0.56	2.98
16:0	g	5.37			6.07	4.56	24.35
18:0	g	2.78			3.14	2.36	12.61
Monounsaturated, total	g	10.14			11.45	8.62	45.98
16:1	g	0.96			1.08	0.82	4.35
18:1	g	8.71			9.84	7.40	39.51
20:1	g	0.03			0.03	0.02	0.12
22:1	g						
Polyunsaturated, total	g	0.95			1.07	0.81	4.31
18:2	g	0.70			0.79	0.59	3.17
18:3	g	0.12			0.14	0.10	0.56
18:4	g						
20:4	g	0.09			0.11	0.08	0.43
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	79			89	67	358
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.211			0.238	0.179	0.957
Threonine	g	0.717			0.810	0.609	3.252
Isoleucine	g	0.734			0.829	0.624	3.329
Leucine	g	1.371			1.549	1.165	6.219
Lysine	g	1.429			1.615	1.215	6.482
Methionine	g	0.400			0.452	0.340	1.814
Cystine	g	0.164			0.185	0.139	0.744
Phenylalanine	g	0.649			0.733	0.552	2.944
Tyrosine	g	0.534			0.603	0.454	2.422
Valine	g	0.829			0.937	0.705	3.760
Arginine	g	1.155			1.305	0.982	5.239
Histidine	g	0.545			0.616	0.463	2.472
Alanine	g	1.117			1.262	0.949	5.067
Aspartic acid	g	1.563			1.766	1.329	7.090
Glutamic acid	g	2.690			3.040	2.287	12.202
Glycine	g	1.270			1.435	1.080	5.761
Proline	g	0.868			0.981	0.738	3.937
Serine	g	0.662			0.748	0.563	3.003

BEEF, GROUND, PATTIES, Frozen, Cooked, broiled, medium

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 313 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	54.92			46.68	171.90	249.12
Food energy	kcal	282			240	882	1,279
	kJ	1,179			1,003	3,692	5,350
Protein (N x 6.25)	g	24.50			20.83	76.69	111.13
Total lipid (fat)	g	19.65			16.70	61.50	89.13
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.93			0.79	2.91	4.22
Minerals:							
Calcium	mg	11			9	33	48
Iron	mg	2.10			1.79	6.57	9.53
Magnesium	mg	20			17	64	92
Phosphorus	mg	158			134	495	718
Potassium	mg	294			250	919	1,332
Sodium	mg	77			66	242	351
Zinc	mg	5.40			4.59	16.90	24.49
Copper	mg	0.065			0.055	0.203	0.295
Manganese	mg	0.016			0.014	0.050	0.073
Vitamins:							
Ascorbic acid	mg	0.0			0.0	0.0	0.0
Thiamin	mg	0.050			0.043	0.157	0.227
Riboflavin	mg	0.200			0.170	0.626	0.907
Niacin	mg	5.270			4.480	16.495	23.905
Pantothenic acid	mg	0.380			0.323	1.189	1.724
Vitamin B-6	mg	0.26			0.22	0.81	1.18
Folate	mcg	9			8	28	40
Vitamin B-12	mcg	2.47			2.10	7.73	11.20
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	7.72			6.56	24.16	35.02
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02			0.02	0.06	0.08
12:0	g	0.02			0.02	0.06	0.09
14:0	g	0.56			0.47	1.75	2.53
16:0	g	4.45			3.78	13.91	20.16
18:0	g	2.32			1.97	7.26	10.51
Monounsaturated, total	g	8.60			7.31	26.92	39.02
16:1	g	0.73			0.62	2.30	3.33
18:1	g	7.52			6.39	23.53	34.11
20:1	g	0.02			0.01	0.05	0.07
22:1	g						
Polyunsaturated, total	g	0.73			0.62	2.29	3.32
18:2	g	0.54			0.46	1.69	2.45
18:3	g	0.08			0.07	0.26	0.37
18:4	g						
20:4	g	0.08			0.07	0.24	0.35
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	94			80	294	426
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.302			0.257	0.945	1.370
Threonine	g	1.027			0.873	3.215	4.658
Isoleucine	g	1.051			0.893	3.290	4.767
Leucine	g	1.964			1.669	6.147	8.909
Lysine	g	2.046			1.739	6.404	9.281
Methionine	g	0.572			0.486	1.790	2.595
Cystine	g	0.235			0.200	0.736	1.066
Phenylalanine	g	0.929			0.790	2.908	4.214
Tyrosine	g	0.764			0.649	2.391	3.466
Valine	g	1.188			1.010	3.718	5.389
Arginine	g	1.654			1.406	5.177	7.503
Histidine	g	0.780			0.663	2.441	3.538
Alanine	g	1.599			1.359	5.005	7.253
Aspartic acid	g	2.238			1.902	7.005	10.152
Glutamic acid	g	3.853			3.275	12.060	17.477
Glycine	g	1.819			1.546	5.693	8.251
Proline	g	1.243			1.057	3.891	5.638
Serine	g	0.949			0.807	2.970	4.305

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, BRAIN, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: Blood clots and membranes 2%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	78.28	0.385	12	22.19	88.45	347.94
Food energy	*kcal*	126			36	142	558
	kJ	525			149	594	2,335
Protein (N x 6.25)	*g*	9.80	0.332	5	2.78	11.07	43.54
Total lipid (fat)	*g*	9.28	0.456	6	2.63	10.49	41.26
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.35	0.047	5	0.38	1.52	5.98
Minerals:							
Calcium	*mg*	8	0.535	6	2	9	34
Iron	*mg*	2.14	0.178	12	0.61	2.42	9.53
Magnesium	*mg*	13	0.300	6	4	14	56
Phosphorus	*mg*	257	23.446	6	73	291	1,143
Potassium	*mg*	321	32.000	2	91	363	1,427
Sodium	*mg*	103	3.848	4	29	116	457
Zinc	*mg*	1.22	0.123	16	0.35	1.38	5.43
Copper	*mg*	0.201	0.010	4	0.057	0.227	0.893
Manganese	*mg*	0.037	0.001	6	0.010	0.042	0.164
Vitamins:							
Ascorbic acid	*mg*	16.6	2.642	6	4.7	18.8	73.9
Thiamin	*mg*	0.149	0.010	3	0.042	0.168	0.662
Riboflavin	*mg*	0.275	0.085	2	0.078	0.311	1.222
Niacin	*mg*	4.575	1.125	2	1.297	5.170	20.336
Pantothenic acid	*mg*	1.220		1	0.346	1.379	5.423
Vitamin B-6	*mg*	0.26	0.081	2	0.07	0.29	1.15
Folate	*mcg*	4		1	1	4	16
Vitamin B-12	*mcg*	10.90		1	3.09	12.32	48.45
Vitamin A	*RE*	0		1	0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:[1]							
Saturated, total	*g*	2.16			0.61	2.44	9.59
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0.04			0.01	0.05	0.19
16:0	*g*	1.12			0.32	1.27	4.98
18:0	*g*	0.94			0.27	1.07	4.19
Monounsaturated, total	*g*	1.85			0.53	2.10	8.24
16:1	*g*	0.07			0.02	0.08	0.32
18:1	*g*	1.48			0.42	1.67	6.57
20:1	*g*	0.17			0.05	0.19	0.76
22:1	*g*						
Polyunsaturated, total	*g*	1.07			0.30	1.21	4.75
18:2	*g*	0.02			0.01	0.02	0.09
18:3	*g*	0.00			0.00	0.00	0.00
18:4	*g*						
20:4	*g*	0.22			0.06	0.25	0.97
20:5	*g*						
22:5	*g*	0.22			0.06	0.25	0.97
22:6	*g*	0.50			0.14	0.56	2.20
Cholesterol	*mg*	1,672		1	474	1,890	7,433
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.080		4	0.023	0.090	0.356
Threonine	*g*	0.465		4	0.132	0.525	2.067
Isoleucine	*g*	0.379		4	0.107	0.428	1.685
Leucine	*g*	0.735		4	0.208	0.831	3.267
Lysine	*g*	0.586		4	0.166	0.662	2.605
Methionine	*g*	0.204		4	0.058	0.231	0.907
Cystine	*g*	0.174		4	0.049	0.197	0.773
Phenylalanine	*g*	0.495		4	0.140	0.559	2.200
Tyrosine	*g*	0.348		4	0.099	0.393	1.547
Valine	*g*	0.481		4	0.136	0.544	2.138
Arginine	*g*	0.534		4	0.151	0.603	2.374
Histidine	*g*	0.249		4	0.071	0.281	1.107
Alanine	*g*	0.542		4	0.154	0.612	2.409
Aspartic acid	*g*	0.878		4	0.249	0.992	3.903
Glutamic acid	*g*	1.196		4	0.339	1.351	5.316
Glycine	*g*	0.462		4	0.131	0.522	2.054
Proline	*g*	0.406		4	0.115	0.459	1.805
Serine	*g*	0.567		4	0.161	0.641	2.520

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[1] Values based on data for lamb.

BEEF, BRAIN, Cooked, pan-fried

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 351 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	70.75		1	60.14	248.33	320.92
Food energy	kcal	196			167	690	891
	kJ	822			699	2,885	3,728
Protein (N x 6.25)	g	12.57		1	10.68	44.11	57.01
Total lipid (fat)	g	15.83		1	13.46	55.56	71.80
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.58		1	1.34	5.55	7.17
Minerals:							
Calcium	mg	9		1	8	32	41
Iron	mg	2.22		1	1.89	7.79	10.07
Magnesium	mg	15		1	12	51	66
Phosphorus	mg	386		1	328	1,355	1,751
Potassium	mg	354		1	301	1,243	1,606
Sodium	mg	158		1	134	555	717
Zinc	mg	1.35		1	1.15	4.74	6.12
Copper	mg	0.220		1	0.187	0.772	0.998
Manganese	mg	0.032		1	0.027	0.112	0.145
Vitamins:							
Ascorbic acid	mg	3.3		1	2.8	11.5	14.9
Thiamin	mg	0.130		1	0.111	0.456	0.590
Riboflavin	mg	0.260		1	0.221	0.913	1.179
Niacin	mg	3.780		1	3.213	13.268	17.146
Pantothenic acid	mg	0.570		1	0.485	2.001	2.586
Vitamin B-6	mg	0.39		1	0.33	1.37	1.77
Folate	mcg	6		1	5	22	29
Vitamin B-12	mcg	15.20		1	12.92	53.35	68.95
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:[2]							
Saturated, total	g	3.74			3.18	13.13	16.96
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.07			0.06	0.25	0.32
16:0	g	1.98			1.68	6.95	8.98
18:0	g	1.62			1.38	5.69	7.35
Monounsaturated, total	g	3.98			3.38	13.97	18.05
16:1	g	0.10			0.09	0.35	0.45
18:1	g	3.47			2.95	12.18	15.74
20:1	g	0.23			0.20	0.81	1.04
22:1	g						
Polyunsaturated, total	g	2.31			1.96	8.11	10.48
18:2	g	0.84			0.71	2.95	3.81
18:3	g	0.05			0.04	0.18	0.23
18:4	g						
20:4	g	0.29			0.25	1.02	1.32
20:5	g						
22:5	g	0.29			0.25	1.02	1.32
22:6	g	0.67			0.57	2.35	3.04
Cholesterol	mg	1,995			1,696	7,003	9,050
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.103			0.088	0.362	0.467
Threonine	g	0.597			0.507	2.095	2.708
Isoleucine	g	0.487			0.414	1.709	2.209
Leucine	g	0.943			0.802	3.310	4.277
Lysine	g	0.752			0.639	2.640	3.411
Methionine	g	0.261			0.222	0.916	1.184
Cystine	g	0.223			0.190	0.783	1.012
Phenylalanine	g	0.635			0.540	2.229	2.880
Tyrosine	g	0.446			0.379	1.565	2.023
Valine	g	0.617			0.524	2.166	2.799
Arginine	g	0.686			0.583	2.408	3.112
Histidine	g	0.320			0.272	1.123	1.452
Alanine	g	0.696			0.592	2.443	3.157
Aspartic acid	g	1.126			0.957	3.952	5.108
Glutamic acid	g	1.534			1.304	5.384	6.958
Glycine	g	0.593			0.504	2.081	2.690
Proline	g	0.521			0.443	1.829	2.363
Serine	g	0.728			0.619	2.555	3.302

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[1] Raw weight includes refuse; cooked weight excludes refuse.

[2] Values based on data for lamb.

BEEF, BRAIN, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 391 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	73.32		1	62.32	286.68	332.58
Food energy	*kcal*	160			136	627	727
	kJ	671			570	2,622	3,042
Protein (N x 6.25)	*g*	11.07		1	9.41	43.28	50.20
Total lipid (fat)	*g*	12.53		1	10.65	48.99	56.84
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.27		1	1.08	4.97	5.76
Minerals:							
Calcium	*mg*	9		1	8	36	41
Iron	*mg*	2.21		1	1.88	8.64	10.02
Magnesium	*mg*	14		1	12	53	62
Phosphorus	*mg*	352		1	299	1,376	1,597
Potassium	*mg*	240		1	204	938	1,089
Sodium	*mg*	120		1	102	469	544
Zinc	*mg*	1.25		1	1.06	4.89	5.67
Copper	*mg*	0.240		1	0.204	0.938	1.089
Manganese	*mg*	0.035		1	0.030	0.137	0.159
Vitamins:							
Ascorbic acid	*mg*	1.0		1	0.8	3.8	4.4
Thiamin	*mg*	0.080		1	0.068	0.313	0.363
Riboflavin	*mg*	0.170		1	0.145	0.665	0.771
Niacin	*mg*	2.180		1	1.853	8.524	9.888
Pantothenic acid	*mg*	0.570		1	0.485	2.229	2.586
Vitamin B-6	*mg*	0.24		1	0.20	0.94	1.09
Folate	*mcg*	7		1	6	28	32
Vitamin B-12	*mcg*	8.60		1	7.31	33.63	39.01
Vitamin A	*RE*	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:[2]							
Saturated, total	*g*	2.91			2.48	11.39	13.21
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0.06			0.05	0.22	0.26
16:0	*g*	1.51			1.29	5.91	6.86
18:0	*g*	1.27			1.08	4.98	5.77
Monounsaturated, total	*g*	2.50			2.13	9.79	11.35
16:1	*g*	0.10			0.08	0.39	0.45
18:1	*g*	2.00			1.70	7.81	9.06
20:1	*g*	0.23			0.20	0.91	1.05
22:1	*g*						
Polyunsaturated, total	*g*	1.44			1.23	5.64	6.55
18:2	*g*	0.03			0.02	0.11	0.13
18:3	*g*	0.00			0.00	0.00	0.00
18:4	*g*						
20:4	*g*	0.30			0.25	1.16	1.34
20:5	*g*						
22:5	*g*	0.30			0.25	1.16	1.34
22:6	*g*	0.67			0.57	2.61	3.03
Cholesterol	*mg*	2,054			1,746	8,030	9,316
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.090			0.077	0.352	0.408
Threonine	*g*	0.526			0.447	2.057	2.386
Isoleucine	*g*	0.429			0.365	1.677	1.946
Leucine	*g*	0.831			0.706	3.249	3.769
Lysine	*g*	0.662			0.563	2.588	3.003
Methionine	*g*	0.230			0.196	0.899	1.043
Cystine	*g*	0.197			0.167	0.770	0.894
Phenylalanine	*g*	0.560			0.476	2.190	2.540
Tyrosine	*g*	0.393			0.334	1.537	1.783
Valine	*g*	0.544			0.462	2.127	2.468
Arginine	*g*	0.604			0.513	2.362	2.740
Histidine	*g*	0.282			0.240	1.103	1.279
Alanine	*g*	0.613			0.521	2.397	2.781
Aspartic acid	*g*	0.992			0.843	3.879	4.500
Glutamic acid	*g*	1.351			1.148	5.282	6.128
Glycine	*g*	0.522			0.444	2.041	2.368
Proline	*g*	0.459			0.390	1.795	2.082
Serine	*g*	0.641			0.545	2.506	2.908

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[1] Raw weight includes refuse; cooked weight excludes refuse.
[2] Values based on data for lamb.

BEEF, HEART, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: Fat and valves 19%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	75.56	1.467	15	21.42	85.38	277.62
Food energy	kcal	117			33	132	429
	kJ	489			139	553	1,796
Protein (N x 6.25)	g	17.05	0.193	4	4.83	19.26	61.20
Total lipid (fat)	g	3.78	0.300	4	1.07	4.27	13.87
Carbohydrate, total	g	2.58			0.73	2.91	9.48
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.03	0.020	10	0.29	1.16	3.78
Minerals:							
Calcium	mg	2	0.469	7	1	3	9
Iron	mg	4.61	0.133	10	1.31	5.21	16.94
Magnesium	mg	23	1.046	7	6	26	84
Phosphorus	mg	173	3.866	7	49	195	635
Potassium	mg	266	8.472	7	75	300	977
Sodium	mg	63	4.887	11	18	71	232
Zinc	mg	2.38	0.129	38	0.67	2.69	8.74
Copper	mg	0.361	0.011	8	0.102	0.408	1.328
Manganese	mg	0.041	0.003	2	0.012	0.046	0.149
Vitamins:							
Ascorbic acid	mg	6.3	0.829	6	1.8	7.1	23.1
Thiamin	mg	0.190		1	0.054	0.215	0.698
Riboflavin	mg	1.020		1	0.289	1.153	3.747
Niacin	mg	9.460		1	2.682	10.690	34.756
Pantothenic acid	mg	2.320		1	0.658	2.622	8.524
Vitamin B-6	mg	0.43	0.077	2	0.12	0.49	1.59
Folate	mcg	2		1	1	2	8
Vitamin B-12	mcg	13.66	0.345	2	3.87	15.43	50.17
Vitamin A	RE	0	0.000	3	0	0	0
	IU	0	0.000	3	0	0	0
Lipids:							
Fatty acids:[1]							
Saturated, total	g	1.13			0.32	1.27	4.14
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.09	0.023	2	0.03	0.10	0.33
16:0	g	0.47	0.055	7	0.13	0.53	1.74
18:0	g	0.52	0.033	7	0.15	0.58	1.89
Monounsaturated, total	g	0.84			0.24	0.95	3.08
16:1	g	0.07	0.188	7	0.02	0.07	0.24
18:1	g	0.71	0.122	7	0.20	0.80	2.59
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.92			0.26	1.04	3.38
18:2	g	0.61	0.120	7	0.17	0.69	2.23
18:3	g	0.01		1	0.00	0.02	0.05
18:4	g						
20:4	g	0.30	0.060	7	0.08	0.34	1.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	140		1	40	158	514
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.191		4	0.054	0.216	0.703
Threonine	g	0.804		8	0.228	0.909	2.956
Isoleucine	g	0.748		8	0.212	0.845	2.748
Leucine	g	1.508		8	0.427	1.705	5.542
Lysine	g	1.405		8	0.398	1.587	5.161
Methionine	g	0.437		8	0.124	0.494	1.606
Cystine	g	0.223		4	0.063	0.252	0.820
Phenylalanine	g	0.772		8	0.219	0.873	2.837
Tyrosine	g	0.620		8	0.175	0.700	2.277
Valine	g	0.890		8	0.252	1.005	3.269
Arginine	g	1.141		8	0.324	1.289	4.192
Histidine	g	0.467		8	0.132	0.530	1.723
Alanine	g	1.053		8	0.299	1.190	3.870
Aspartic acid	g	1.569		8	0.444	1.773	5.766
Glutamic acid	g	2.695		8	0.764	3.046	9.903
Glycine	g	0.890		8	0.252	1.005	3.269
Proline	g	0.802		8	0.228	0.907	2.947
Serine	g	0.786		8	0.223	0.889	2.889

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[1] Includes data for cooked heart.

BEEF, HEART, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 257 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.08	0.532	4	54.47	164.69	290.69
Food energy	kcal	175			148	450	794
	kJ	733			623	1,884	3,326
Protein (N x 6.25)	g	28.79	0.198	4	24.47	73.98	130.58
Total lipid (fat)	g	5.62	0.433	4	4.77	14.44	25.48
Carbohydrate, total	g	0.42			0.36	1.08	1.92
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.09	0.012	4	0.92	2.79	4.93
Minerals:							
Calcium	mg	6		1	5	16	29
Iron	mg	7.51		1	6.38	19.30	34.07
Magnesium	mg	25		1	22	65	115
Phosphorus	mg	250		1	213	643	1,134
Potassium	mg	233		1	198	599	1,057
Sodium	mg	63		1	54	162	286
Zinc	mg	3.13		1	2.66	8.04	14.20
Copper	mg	0.740		1	0.629	1.902	3.357
Manganese	mg	0.059		1	0.050	0.152	0.268
Vitamins:							
Ascorbic acid	mg	1.5		1	1.2	3.8	6.7
Thiamin	mg	0.140		1	0.119	0.360	0.635
Riboflavin	mg	1.540		1	1.309	3.958	6.985
Niacin	mg	4.070		1	3.460	10.460	18.462
Pantothenic acid	mg	0.870		1	0.740	2.236	3.946
Vitamin B-6	mg	0.21		1	0.18	0.54	0.95
Folate	mcg	2			2	5	9
Vitamin B-12	mcg	14.30		1	12.16	36.75	64.86
Vitamin A	RE	0.00			0.00	0.00	0.00
	IU	0.00			0.00	0.00	0.00
Lipids:							
Fatty acids:[2]							
Saturated, total	g	1.68			1.43	4.31	7.61
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.13	0.034	2	0.11	0.34	0.60
16:0	g	0.70	0.081	7	0.60	1.81	3.19
18:0	g	0.77	0.049	7	0.65	1.97	3.47
Monounsaturated, total	g	1.25			1.06	3.20	5.65
16:1	g	0.10	0.280	7	0.08	0.25	0.44
18:1	g	1.05	0.181	7	0.89	2.70	4.76
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.37			1.16	3.52	6.21
18:2	g	0.90	0.178	7	0.77	2.32	4.10
18:3	g	0.02		1	0.02	0.05	0.10
18:4	g						
20:4	g	0.45	0.090	7	0.38	1.14	2.02
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	193			164	496	875
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.322			0.274	0.828	1.461
Threonine	g	1.359			1.156	3.493	6.164
Isoleucine	g	1.262			1.073	3.243	5.724
Leucine	g	2.547			2.165	6.546	11.553
Lysine	g	2.372			2.016	6.096	10.759
Methionine	g	0.737			0.626	1.894	3.343
Cystine	g	0.378			0.321	0.971	1.715
Phenylalanine	g	1.303			1.108	3.349	5.910
Tyrosine	g	1.046			0.889	2.688	4.745
Valine	g	1.502			1.277	3.860	6.813
Arginine	g	1.925			1.636	4.947	8.732
Histidine	g	0.792			0.673	2.035	3.593
Alanine	g	1.778			1.511	4.569	8.065
Aspartic acid	g	2.648			2.251	6.805	12.011
Glutamic acid	g	4.551			3.868	11.696	20.643
Glycine	g	1.502			1.277	3.860	6.813
Proline	g	1.354			1.151	3.480	6.142
Serine	g	1.327			1.128	3.410	6.019

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[1] Raw weight includes refuse; cooked weight excludes refuse.

[2] Includes data for raw heart.

BEEF, KIDNEYS, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: Fat, veins, and connective tissue 18%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	77.02	0.569	28	21.83	87.03	286.42
Food energy	kcal	107			30	121	393
	kJ	448			127	506	2,027
Protein (N x 6.25)	g	16.59	0.572	5	4.70	18.74	61.68
Total lipid (fat)	g	3.08	0.336	9	0.87	3.47	11.44
Carbohydrate, total	g	2.18			0.62	2.46	8.11
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.14	0.031	11	0.32	1.29	4.23
Minerals:							
Calcium	mg	6	0.790	9	2	6	21
Iron	mg	7.36	0.587	13	2.09	8.31	27.35
Magnesium	mg	17	0.569	9	5	20	65
Phosphorus	mg	210	14.437	9	59	237	780
Potassium	mg	257	7.543	8	73	290	955
Sodium	mg	179	9.099	8	51	203	667
Zinc	mg	1.85	0.021	251	0.52	2.09	6.87
Copper	mg	0.469	0.018	509	0.133	0.530	1.744
Manganese	mg	0.102	0.002	231	0.029	0.115	0.379
Vitamins:							
Ascorbic acid	mg	8.9	1.513	6	2.5	10.1	33.1
Thiamin	mg	0.380	0.110	2	0.108	0.429	1.413
Riboflavin	mg	2.550		1	0.723	2.882	9.483
Niacin	mg	7.950		1	2.254	8.984	29.566
Pantothenic acid	mg	3.642	0.422	2	1.033	4.115	13.545
Vitamin B-6	mg	0.51	0.095	3	0.15	0.58	1.91
Folate	mcg	80	14.550	4	23	90	297
Vitamin B-12	mcg	27.02	10.685	2	7.66	30.53	100.47
Vitamin A	RE	264	30.030	3	75	299	983
	IU	880	100.000	3	249	994	3,273
Lipids:							
Fatty acids[1]							
Saturated, total	g	0.97			0.28	1.10	3.62
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		1	0.00	0.00	0.01
12:0	g	0.00		1	0.00	0.00	0.01
14:0	g	0.05	0.035	2	0.01	0.06	0.19
16:0	g	0.42	0.018	7	0.12	0.47	1.56
18:0	g	0.46	0.007	7	0.13	0.52	1.70
Monounsaturated, total	g	0.66			0.19	0.74	2.45
16:1	g	0.04	0.007	7	0.01	0.04	0.14
18:1	g	0.55	0.030	7	0.15	0.62	2.03
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.67			0.19	0.75	2.48
18:2	g	0.36	0.049	7	0.10	0.41	1.34
18:3	g	0.01		1	0.00	0.01	0.04
18:4	g						
20:4	g	0.30	0.008	6	0.08	0.33	1.10
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	285	64.900	2	81	322	1,060
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.226		3	0.064	0.255	0.840
Threonine	g	0.802		4	0.227	0.906	2.983
Isoleucine	g	0.677		4	0.192	0.765	2.518
Leucine	g	1.330		4	0.377	1.503	4.946
Lysine	g	1.104		4	0.313	1.248	4.106
Methionine	g	0.345		4	0.098	0.390	1.283
Cystine	g	0.130		4	0.037	0.147	0.483
Phenylalanine	g	0.796		4	0.226	0.899	2.960
Tyrosine	g	0.624		4	0.177	0.705	2.321
Valine	g	1.035		4	0.293	1.170	3.849
Arginine	g	0.974		4	0.276	1.101	3.622
Histidine	g	0.433		4	0.123	0.489	1.610
Alanine	g	0.932		4	0.264	1.053	3.466
Aspartic acid	g	1.465		4	0.415	1.655	5.448
Glutamic acid	g	1.932		4	0.548	2.183	7.185
Glycine	g	1.011		4	0.287	1.142	3.760
Proline	g	0.947		4	0.268	1.070	3.522
Serine	g	0.812		4	0.230	0.918	3.020

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[1] Includes data for cooked kidneys.

BEEF, KIDNEYS, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 197 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	68.83	3.170	2	58.51	135.60	312.21
Food energy	kcal	144			122	283	651
	kJ	601			510	1,183	2,724
Protein (N x 6.25)	g	25.48	0.943	4	21.66	50.20	115.58
Total lipid (fat)	g	3.44	0.228	4	2.92	6.78	15.60
Carbohydrate, total	g	0.96			0.82	1.89	4.35
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.29	0.041	4	1.10	2.55	5.86
Minerals:							
Calcium	mg	17		1	15	34	78
Iron	mg	7.31		1	6.21	14.40	33.16
Magnesium	mg	18		1	15	35	81
Phosphorus	mg	306		1	260	603	1,388
Potassium	mg	179		1	152	353	812
Sodium	mg	134		1	114	264	608
Zinc	mg	4.22		1	3.59	8.31	19.14
Copper	mg	0.680		1	0.578	1.340	3.084
Manganese	mg	0.185		1	0.157	0.364	0.839
Vitamins:							
Ascorbic acid	mg	0.8		1	0.7	1.6	3.7
Thiamin	mg	0.190		1	0.162	0.374	0.862
Riboflavin	mg	4.060		1	3.451	7.998	18.416
Niacin	mg	6.020		1	5.117	11.859	27.307
Pantothenic acid	mg	1.690		1	1.437	3.329	7.666
Vitamin B-6	mg	0.52		1	0.44	1.02	2.36
Folate	mcg	98			83	192	442
Vitamin B-12	mcg	51.30		1	43.61	101.06	232.70
Vitamin A	RE	373			317	734	1,690
	IU	1,241			1,055	2,444	5,628
Lipids:							
Fatty acids:[2]							
Saturated, total	g	1.09			0.93	2.15	4.94
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.01		1	0.00	0.01	0.02
12:0	g	0.01		1	0.00	0.01	0.02
14:0	g	0.06	0.039	2	0.05	0.11	0.25
16:0	g	0.47	0.020	7	0.40	0.93	2.13
18:0	g	0.51	0.008	7	0.44	1.01	2.32
Monounsaturated, total	g	0.74			0.63	1.45	3.34
16:1	g	0.04	0.008	7	0.03	0.08	0.19
18:1	g	0.61	0.033	7	0.52	1.20	2.77
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.74			0.63	1.47	3.37
18:2	g	0.40	0.054	7	0.34	0.79	1.82
18:3	g	0.01		1	0.01	0.02	0.05
18:4	g						
20:4	g	0.33	0.009	6	0.28	0.65	1.50
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	387			329	762	1,755
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.347			0.295	0.684	1.574
Threonine	g	1.231			1.046	2.425	5.584
Isoleucine	g	1.040			0.884	2.049	4.717
Leucine	g	2.043			1.737	4.025	9.267
Lysine	g	1.696			1.442	3.341	7.693
Methionine	g	0.530			0.451	1.044	2.404
Cystine	g	0.200			0.170	0.394	0.907
Phenylalanine	g	1.223			1.040	2.409	5.548
Tyrosine	g	0.958			0.814	1.887	4.345
Valine	g	1.590			1.352	3.132	7.212
Arginine	g	1.496			1.272	2.947	6.786
Histidine	g	0.665			0.565	1.310	3.016
Alanine	g	1.431			1.216	2.819	6.491
Aspartic acid	g	2.251			1.913	4.434	10.211
Glutamic acid	g	2.968			2.523	5.847	13.463
Glycine	g	1.553			1.320	3.059	7.044
Proline	g	1.455			1.237	2.866	6.600
Serine	g	1.248			1.061	2.459	5.661

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[1] Raw weight includes refuse; cooked weight excludes refuse.

[2] Includes data for raw kidneys.

BEEF, LIVER, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	68.99	0.390	50	19.56	77.96	312.94
Food energy	*kcal*	143			40	161	647
	kJ	597			169	675	2,709
Protein (N x 6.25)	*g*	20.00	0.295	6	5.67	22.60	90.72
Total lipid (fat)	*g*	3.85	0.479	15	1.09	4.35	17.46
Carbohydrate, total	*g*	5.82			1.65	6.58	26.40
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.34	0.035	11	0.38	1.51	6.08
Minerals:							
Calcium	*mg*	6	0.000	2	2	7	27
Iron	*mg*	6.82	0.425	33	1.93	7.71	30.94
Magnesium	*mg*	19	2.507	13	5	21	86
Phosphorus	*mg*	318	20.629	10	90	359	1,442
Potassium	*mg*	323	7.953	10	92	365	1,465
Sodium	*mg*	73	1.934	9	21	82	331
Zinc	*mg*	3.92	0.108	293	1.11	4.43	17.78
Copper	*mg*	3.339	0.166	311	0.947	3.773	15.147
Manganese	*mg*	0.264	0.005	232	0.075	0.298	1.197
Vitamins:							
Ascorbic acid	*mg*	22	0.760	5	6	25	102
Thiamin	*mg*	0.26	0.028	2	0.07	0.29	1.17
Riboflavin	*mg*	2.78	0.085	3	0.79	3.14	12.61
Niacin	*mg*	12.78	0.268	3	3.62	14.44	57.98
Pantothenic acid	*mg*	7.62	1.718	2	2.16	8.61	34.56
Vitamin B-6	*mg*	0.94	0.141	4	0.27	1.06	4.26
Folate	*mcg*	248	61.359	9	70	280	1,125
Vitamin B-12	*mcg*	69.19	6.495	9	19.62	78.18	313.85
Vitamin A	*RE*	10,503	1,479.080	28	2,978	11,868	47,642
	IU	35,346	4,782.220	29	10,021	39,941	160,329
Lipids:							
Fatty acids:							
Saturated, total	*g*	1.50			0.42	1.69	6.80
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*	0.04		1	0.01	0.05	0.20
16:0	*g*	0.47		4	0.13	0.53	2.14
18:0	*g*	0.96		4	0.27	1.08	4.34
Monounsaturated, total	*g*	0.51			0.14	0.58	2.31
16:1	*g*	0.04		4	0.01	0.04	0.16
18:1	*g*	0.47		4	0.13	0.54	2.15
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*	0.84			0.24	0.95	3.81
18:2	*g*	0.35		4	0.10	0.40	1.60
18:3	*g*						
18:4	*g*						
20:4	*g*	0.23		4	0.07	0.26	1.04
20:5	*g*						
22:5	*g*						
22:6	*g*	0.20		3	0.06	0.22	0.90
Cholesterol	*mg*	354	13.073	22	100	400	1,606
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.288		4	0.082	0.325	1.306
Threonine	*g*	0.915		9	0.259	1.034	4.151
Isoleucine	*g*	0.915		9	0.259	1.034	4.151
Leucine	*g*	1.882		9	0.533	2.126	8.535
Lysine	*g*	1.389		9	0.394	1.569	6.300
Methionine	*g*	0.506		9	0.143	0.571	2.293
Cystine	*g*	0.307		4	0.087	0.347	1.393
Phenylalanine	*g*	1.066		9	0.302	1.204	4.834
Tyrosine	*g*	0.794		9	0.225	0.897	3.600
Valine	*g*	1.235		9	0.350	1.396	5.603
Arginine	*g*	1.258		9	0.357	1.421	5.704
Histidine	*g*	0.547		9	0.155	0.618	2.482
Alanine	*g*	1.194		9	0.338	1.349	5.414
Aspartic acid	*g*	1.923		9	0.545	2.173	8.724
Glutamic acid	*g*	2.710		9	0.768	3.063	12.294
Glycine	*g*	1.146		9	0.325	1.295	5.196
Proline	*g*	1.056		9	0.299	1.193	4.790
Serine	*g*	0.960		9	0.272	1.085	4.355

BEEF, LIVER, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 336 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.91	2.414	4	56.02	221.46	298.97
Food energy	kcal	161			137	542	732
	kJ	676			574	2,270	3,065
Protein (N x 6.25)	g	24.38	1.507	4	20.72	81.92	110.59
Total lipid (fat)	g	4.89	0.641	4	4.16	16.43	22.18
Carbohydrate, total	g	3.41			2.90	11.46	15.47
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.41	0.010	4	1.20	4.74	6.40
Minerals:							
Calcium	mg	7		1	6	24	32
Iron	mg	6.77		1	5.75	22.75	30.71
Magnesium	mg	20		1	17	67	91
Phosphorus	mg	404		1	343	1,357	1,833
Potassium	mg	235		1	200	790	1,066
Sodium	mg	70		1	59	235	318
Zinc	mg	6.07		1	5.16	20.40	27.53
Copper	mg	4.512			3.835	15.160	20.466
Manganese	mg	0.413		1	0.351	1.388	1.873
Vitamins:							
Ascorbic acid	mg	23		1	19	76	103
Thiamin	mg	0.20	0.062	3	0.17	0.66	0.89
Riboflavin	mg	4.10		1	3.48	13.78	18.60
Niacin	mg	10.72		1	9.11	36.02	48.63
Pantothenic acid	mg	4.57		1	3.88	15.36	20.73
Vitamin B-6	mg	0.91		1	0.77	3.06	4.13
Folate	mcg	217			184	729	984
Vitamin B-12	mcg	71.00		1	60.35	238.56	322.06
Vitamin A	RE	10,602			9,012	35,623	48,091
	IU	35,679			30,327	119,881	161,840
Lipids:							
Fatty acids:							
Saturated, total	g	1.90			1.62	6.39	8.63
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.06			0.05	0.19	0.25
16:0	g	0.60			0.51	2.02	2.72
18:0	g	1.21			1.03	4.08	5.51
Monounsaturated, total	g	0.65			0.55	2.18	2.94
16:1	g	0.05			0.04	0.15	0.21
18:1	g	0.60			0.51	2.02	2.73
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.07			0.91	3.58	4.84
18:2	g	0.45			0.38	1.51	2.04
18:3	g						
18:4	g						
20:4	g	0.29			0.25	0.98	1.32
20:5	g						
22:5	g						
22:6	g	0.25			0.21	0.85	1.14
Cholesterol	mg	389			331	1,307	1,765
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.351			0.298	1.180	1.592
Threonine	g	1.116			0.948	3.749	5.060
Isoleucine	g	1.116			0.948	3.749	5.060
Leucine	g	2.294			1.950	7.707	10.404
Lysine	g	1.693			1.439	5.688	7.679
Methionine	g	0.616			0.524	2.071	2.796
Cystine	g	0.374			0.318	1.258	1.699
Phenylalanine	g	1.299			1.104	4.365	5.892
Tyrosine	g	0.967			0.822	3.250	4.388
Valine	g	1.506			1.280	5.059	6.830
Arginine	g	1.533			1.303	5.151	6.954
Histidine	g	0.667			0.567	2.241	3.026
Alanine	g	1.455			1.237	4.889	6.600
Aspartic acid	g	2.344			1.993	7.877	10.634
Glutamic acid	g	3.304			2.808	11.101	14.987
Glycine	g	1.396			1.187	4.692	6.334
Proline	g	1.287			1.094	4.325	5.839
Serine	g	1.170			0.995	3.932	5.308

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, LIVER, Cooked, pan-fried

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 295 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.68	3.399	4	47.33	164.26	252.56
Food energy	kcal	217			184	639	983
	kJ	907			771	2,675	4,113
Protein (N x 6.25)	g	26.72	2.297	4	22.71	78.82	121.20
Total lipid (fat)	g	8.00	1.154	4	6.80	23.60	36.29
Carbohydrate, total	g	7.85			6.67	23.16	35.61
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.75	0.123	4	1.49	5.16	7.94
Minerals:							
Calcium	mg	11		1	9	32	50
Iron	mg	6.28	1.217	4	5.34	18.53	28.49
Magnesium	mg	23		1	20	68	104
Phosphorus	mg	461		1	392	1,360	2,091
Potassium	mg	364		1	309	1,074	1,651
Sodium	mg	106		1	90	313	481
Zinc	mg	5.45	0.810	4	4.63	16.08	24.72
Copper	mg	4.466			3.796	13.175	20.258
Manganese	mg	0.423		1	0.360	1.248	1.919
Vitamins:							
Ascorbic acid	mg	23			19	68	104
Thiamin	mg	0.21		1	0.18	0.62	0.95
Riboflavin	mg	4.14		1	3.52	12.21	18.78
Niacin	mg	14.44		1	12.27	42.60	65.50
Pantothenic acid	mg	5.92		1	5.03	17.46	26.85
Vitamin B-6	mg	1.43		1	1.22	4.22	6.49
Folate	mcg	220			187	649	998
Vitamin B-12	mcg	111.80		1	95.03	329.81	507.12
Vitamin A	RE	10,729			9,119	31,649	48,665
	IU	36,105			30,689	106,510	163,772
Lipids:							
Fatty acids:							
Saturated, total	g	2.67			2.27	7.88	12.12
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.07			0.06	0.21	0.33
16:0	g	0.97			0.82	2.85	4.38
18:0	g	1.60			1.36	4.72	7.25
Monounsaturated, total	g	1.62			1.38	4.78	7.35
16:1	g	0.05			0.04	0.15	0.24
18:1	g	1.57			1.33	4.63	7.12
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.71			1.45	5.03	7.74
18:2	g	1.00			0.85	2.95	4.53
18:3	g						
18:4	g						
20:4	g	0.33			0.28	0.98	1.51
20:5	g						
22:5	g						
22:6	g	0.29			0.24	0.85	1.31
Cholesterol	mg	482			410	1,422	2,186
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.385			0.327	1.135	1.745
Threonine	g	1.223			1.039	3.607	5.546
Isoleucine	g	1.223			1.039	3.607	5.546
Leucine	g	2.514			2.137	7.416	11.403
Lysine	g	1.855			1.577	5.474	8.416
Methionine	g	0.675			0.574	1.993	3.064
Cystine	g	0.410			0.349	1.211	1.862
Phenylalanine	g	1.424			1.210	4.200	6.458
Tyrosine	g	1.060			0.901	3.128	4.809
Valine	g	1.650			1.403	4.868	7.485
Arginine	g	1.680			1.428	4.956	7.621
Histidine	g	0.731			0.621	2.157	3.316
Alanine	g	1.595			1.355	4.704	7.233
Aspartic acid	g	2.569			2.184	7.580	11.655
Glutamic acid	g	3.621			3.078	10.682	16.425
Glycine	g	1.531			1.301	4.515	6.942
Proline	g	1.411			1.199	4.162	6.399
Serine	g	1.283			1.090	3.784	5.818

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, LUNGS, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	79.38	0.732	6	22.50	89.69	313.21
Food energy	kcal	92			26	104	362
	kJ	384			109	434	1,514
Protein (N x 6.25)	g	16.20	0.574	5	4.59	18.31	63.93
Total lipid (fat)	g	2.50	0.498	7	0.71	2.83	9.87
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.98	0.020	5	0.28	1.11	3.87
Minerals:							
Calcium	mg	10			3	11	34
Iron	mg	7.95	0.533	4	2.25	8.98	31.37
Magnesium	mg	14			4	16	48
Phosphorus	mg	224			63	253	772
Potassium	mg	340		1	96	384	1,342
Sodium	mg	198			56	224	683
Zinc	mg	1.61	0.087	10	0.46	1.81	6.34
Copper	mg	0.260			0.074	0.294	0.896
Manganese	mg	0.019			0.005	0.021	0.065
Vitamins:							
Ascorbic acid	mg	38.5	0.850	5	10.9	43.5	151.9
Thiamin	mg	0.047	0.033	3	0.013	0.053	0.185
Riboflavin	mg	0.230	0.120	2	0.065	0.260	0.908
Niacin	mg	4.000		1	1.134	4.520	15.784
Pantothenic acid	mg	1.000		1	0.284	1.130	3.946
Vitamin B-6	mg	0.04	0.029	2	0.01	0.05	0.16
Folate	mcg	11			9	12	38
Vitamin B-12	mcg	3.81	0.591	3	1.08	4.30	15.02
Vitamin A	RE	14			4	16	47
	IU	46			13	52	158
Lipids:							
Fatty acids:							
Saturated, total	g	0.86			0.24	0.97	2.96
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.00		1	0.00	0.00	0.00
12:0	g	0.00		1	0.00	0.00	0.00
14:0	g	0.04		1	0.01	0.04	0.13
16:0	g	0.45		1	0.13	0.51	1.55
18:0	g	0.23		1	0.07	0.26	0.81
Monounsaturated, total	g	0.64			0.18	0.72	2.21
16:1	g	0.09		1	0.03	0.12	0.33
18:1	g	0.47		1	0.13	0.54	1.63
20:1	g	0.02		1	0.01	0.03	0.08
22:1	g						
Polyunsaturated, total	g	0.34			0.10	0.39	1.18
18:2	g	0.17		1	0.05	0.19	0.59
18:3	g	0.02		1	0.01	0.03	0.08
18:4	g						
20:4	g	0.14		1	0.04	0.16	0.48
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	242		1	69	274	956
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.148		3	0.042	0.167	0.584
Threonine	g	0.604		4	0.171	0.683	2.383
Isoleucine	g	0.772		3	0.219	0.872	3.046
Leucine	g	1.190		3	0.337	1.345	4.696
Lysine	g	1.148		4	0.325	1.297	4.530
Methionine	g	0.324		5	0.092	0.366	1.279
Cystine	g	0.249		4	0.071	0.281	0.983
Phenylalanine	g	0.658		4	0.187	0.744	2.596
Tyrosine	g	0.365		4	0.103	0.412	1.440
Valine	g	0.798		3	0.226	0.902	3.149
Arginine	g	0.980		3	0.278	1.107	3.867
Histidine	g	0.492		3	0.139	0.556	1.941
Alanine	g	1.001		1	0.284	1.131	3.950
Aspartic acid	g	0.977		1	0.277	1.104	3.855
Glutamic acid	g	1.726		1	0.489	1.950	6.811
Glycine	g	0.734		1	0.208	0.829	2.896
Proline	g	1.659		2	0.470	1.875	6.546
Serine	g	0.816		1	0.231	0.922	3.220

BEEF, LUNGS, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 303 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	76.40	1.255	4	64.94	231.49	346.55
Food energy	*kcal*	120			102	365	547
	kJ	504			428	1,527	2,287
Protein (N x 6.25)	*g*	20.40	0.404	3	17.34	61.81	92.53
Total lipid (fat)	*g*	3.70	0.058	3	3.15	11.21	16.78
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.10	0.058	3	0.94	3.33	4.99
Minerals:							
Calcium	*mg*	11			9	33	50
Iron	*mg*	5.40			4.59	16.37	24.50
Magnesium	*mg*	10			9	30	45
Phosphorus	*mg*	178			151	539	807
Potassium	*mg*	173			147	525	786
Sodium	*mg*	101			86	306	458
Zinc	*mg*	1.64			1.39	4.96	7.43
Copper	*mg*	0.221			0.188	0.670	1.000
Manganese	*mg*	0.015			0.013	0.045	0.068
Vitamins:							
Ascorbic acid	*mg*	32.7			27.8	99.1	148.3
Thiamin	*mg*	0.035			0.029	0.105	0.156
Riboflavin	*mg*	0.143			0.122	0.433	0.649
Niacin	*mg*	2.492			2.118	7.551	11.304
Pantothenic acid	*mg*	0.623			0.530	1.888	2.826
Vitamin B-6	*mg*	0.02			0.02	0.06	0.10
Folate	*mcg*	8			7	25	37
Vitamin B-12	*mcg*	2.59			2.20	7.84	11.73
Vitamin A	*RE*	12			10	35	53
	IU	39			33	118	177
Lipids:							
Fatty acids:							
Saturated, total	*g*	1.27			0.83	2.93	4.41
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*	0.00			0.00	0.00	0.00
12:0	*g*	0.00			0.00	0.00	0.00
14:0	*g*	0.06			0.05	0.18	0.26
16:0	*g*	0.67			0.57	2.01	3.02
18:0	*g*	0.35			0.29	1.05	1.57
Monounsaturated, total	*g*	0.95			0.81	2.87	4.30
16:1	*g*	0.14			0.12	0.42	0.64
18:1	*g*	0.70			0.60	2.12	3.18
20:1	*g*	0.03			0.03	0.10	0.15
22:1	*g*						
Polyunsaturated, total	*g*	0.51			0.43	1.53	2.30
18:2	*g*	0.25			0.22	0.77	1.15
18:3	*g*	0.03			0.03	0.10	0.15
18:4	*g*						
20:4	*g*	0.21			0.18	0.62	0.93
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	277			236	840	1,257
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.186			0.158	0.564	0.844
Threonine	*g*	0.761			0.647	2.306	3.452
Isoleucine	*g*	0.973			0.827	2.948	4.414
Leucine	*g*	1.498			1.273	4.539	6.795
Lysine	*g*	1.446			1.229	4.381	6.559
Methionine	*g*	0.408			0.347	1.236	1.851
Cystine	*g*	0.313			0.266	0.948	1.420
Phenylalanine	*g*	0.829			0.705	2.512	3.760
Tyrosine	*g*	0.460			0.391	1.394	2.087
Valine	*g*	1.005			0.854	3.045	4.559
Arginine	*g*	1.234			1.049	3.739	5.597
Histidine	*g*	0.620			0.527	1.879	2.812
Alanine	*g*	1.260			1.071	3.818	5.715
Aspartic acid	*g*	1.231			1.046	3.730	5.584
Glutamic acid	*g*	2.174			1.848	6.587	9.861
Glycine	*g*	0.924			0.785	2.800	4.191
Proline	*g*	2.089			1.776	6.330	9.476
Serine	*g*	1.028			0.874	3.115	4.663

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, MECHANICALLY SEPARATED BEEF, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	8 oz = 227 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.39	0.546	56	16.84	134.81	269.38
Food energy	kcal	276			78	627	1,252
	kJ	1,155			327	2,622	5,240
Protein (N x 6.25)	g	14.97	0.100	56	4.24	33.97	67.88
Total lipid (fat)	g	23.52	0.540	64	6.67	53.40	106.70
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.14	0.371	56	0.61	4.86	9.72
Minerals:							
Calcium	mg	485	16.000	55	137	1,101	2,200
Iron	mg	5.67	0.616	36	1.61	12.86	25.70
Magnesium	mg						
Phosphorus	mg	324	9.075	28	92	735	1,469
Potassium	mg						
Sodium	mg						
Zinc	mg	3.58	0.097	47	1.02	8.13	16.25
Copper	mg	0.056	0.002	20	0.016	0.127	0.254
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	11.78			3.34	26.74	53.43
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.03	0.009	3	0.01	0.07	0.14
14:0	g	0.63	0.010	3	0.18	1.43	2.86
16:0	g	5.66	0.119	3	1.60	12.85	25.67
18:0	g	4.87	0.190	3	1.38	11.05	22.09
Monounsaturated, total	g	8.44			2.39	19.16	38.28
16:1	g	0.56	0.017	3	0.16	1.27	2.54
18:1	g	7.59	0.178	3	2.15	17.23	34.43
20:1	g	0.07	0.001	3	0.02	0.16	0.32
22:1	g						
Polyunsaturated, total	g	0.76			0.22	1.73	3.45
18:2	g	0.59	0.020	3	0.17	1.34	2.68
18:3	g	0.17	0.008	3	0.05	0.39	0.77
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	209	11.006	18	59	474	947
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g	0.474		30	0.134	1.076	2.150
Isoleucine	g	0.584		30	0.166	1.326	2.649
Leucine	g	1.199		30	0.340	2.722	5.439
Lysine	g	1.161		30	0.329	2.635	5.266
Methionine	g	0.426		30	0.121	0.967	1.932
Cystine	g	0.230		30	0.065	0.522	1.043
Phenylalanine	g	0.644		30	0.183	1.462	2.921
Tyrosine	g	0.381		30	0.108	0.865	1.728
Valine	g	0.915		30	0.259	2.077	4.150
Arginine	g	1.154		30	0.327	2.620	5.235
Histidine	g	0.443		30	0.126	1.006	2.009
Alanine	g	1.005		30	0.285	2.281	4.559
Aspartic acid	g	1.312		30	0.372	2.978	5.951
Glutamic acid	g	2.121		30	0.601	4.815	9.621
Glycine	g	1.238		30	0.351	2.810	5.616
Proline	g	0.922		30	0.261	2.093	4.182
Serine	g	0.570		30	0.162	1.294	2.586

BEEF, PANCREAS, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	65.20	2.078	3	18.48	73.68	295.75
Food energy	kcal	235			67	265	1,065
	kJ	982			279	1,110	4,456
Protein (N x 6.25)	g	15.70	0.462	3	4.45	17.74	71.22
Total lipid (fat)	g	18.60	2.252	3	5.27	21.02	84.37
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.30	0.058	3	0.37	1.47	5.90
Minerals:							
Calcium	mg	9	0.500	2	2	10	39
Iron	mg	2.22	0.082	2	0.63	2.51	10.07
Magnesium	mg	18	2.500	2	5	20	79
Phosphorus	mg	327	8.000	2	93	370	1,483
Potassium	mg	276	27.000	2	78	312	1,252
Sodium	mg	67	5.000	2	19	76	304
Zinc	mg	2.58	0.108	35	0.73	2.92	11.71
Copper	mg	0.060	0.000	2	0.017	0.068	0.272
Manganese	mg	0.150	0.005	12	0.042	0.169	0.680
Vitamins:							
Ascorbic acid	mg	13.7	0.581	5	3.9	15.5	62.1
Thiamin	mg	0.140		1	0.039	0.158	0.635
Riboflavin	mg	0.445	0.105	2	0.126	0.503	2.018
Niacin	mg	4.450	1.414	2	1.262	5.028	20.185
Pantothenic acid	mg	3.900	0.520	2	1.106	4.407	17.690
Vitamin B-6	mg	0.20		1	0.06	0.23	0.91
Folate	mcg						
Vitamin B-12	mcg	14.00	0.000	2	3.97	15.82	63.50
Vitamin A	RE	0	0.000	3	0	0	0
	IU	0	0.000	3	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.203		4	0.058	0.229	0.921
Threonine	g	0.728		5	0.206	0.823	3.302
Isoleucine	g	0.794		5	0.225	0.897	3.602
Leucine	g	1.226		5	0.348	1.385	5.561
Lysine	g	1.158		5	0.328	1.309	5.253
Methionine	g	0.284		4	0.081	0.321	1.288
Cystine	g						
Phenylalanine	g	0.653		5	0.185	0.738	2.962
Tyrosine	g	0.686		1	0.194	0.775	3.112
Valine	g	0.842		5	0.239	0.951	3.819
Arginine	g	0.897		5	0.254	1.014	4.069
Histidine	g	0.309		5	0.088	0.349	1.402
Alanine	g						
Aspartic acid	g	1.507		1	0.427	1.703	6.836
Glutamic acid	g	1.316		2	0.373	1.487	5.969
Glycine	g	0.957		1	0.271	1.081	4.341
Proline	g						
Serine	g						

BEEF, PANCREAS, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 222 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	55.60	0.346	3	47.25	123.43	252.20
Food energy	kcal	271			230	601	1,229
	kJ	1,133			963	2,516	5,141
Protein (N x 6.25)	g	27.10	0.693	3	23.04	60.16	122.93
Total lipid (fat)	g	17.20	0.635	3	14.62	38.18	78.02
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.50	0.069	3	1.28	3.33	6.80
Minerals:							
Calcium	mg	16			14	36	73
Iron	mg	2.61			2.22	5.79	11.84
Magnesium	mg	21			18	46	94
Phosphorus	mg	453			385	1,006	2,055
Potassium	mg	246			209	546	1,116
Sodium	mg	60			51	133	271
Zinc	mg	4.60			3.91	10.21	20.87
Copper	mg	0.089			0.076	0.198	0.404
Manganese	mg	0.208			0.177	0.462	0.943
Vitamins:							
Ascorbic acid	mg	20.3			17.3	45.2	92.3
Thiamin	mg	0.180			0.153	0.400	0.816
Riboflavin	mg	0.485			0.412	1.077	2.200
Niacin	mg	3.970			3.375	8.813	18.008
Pantothenic acid	mg	4.248			3.611	9.431	19.289
Vitamin B-6	mg	0.18			0.15	0.40	0.82
Folate	mcg						
Vitamin B-12	mcg	16.60			14.11	36.85	75.30
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.351			0.298	0.779	1.592
Threonine	g	1.257			1.068	2.791	5.702
Isoleucine	g	1.370			1.165	3.041	6.214
Leucine	g	2.116			1.799	4.698	9.598
Lysine	g	1.999			1.699	4.438	9.067
Methionine	g	0.490			0.417	1.088	2.223
Cystine	g						
Phenylalanine	g	1.127			0.958	2.502	5.112
Tyrosine	g	1.184			1.006	2.628	5.371
Valine	g	1.453			1.235	3.226	6.591
Arginine	g	1.548			1.316	3.437	7.022
Histidine	g	0.533			0.453	1.183	2.418
Alanine	g						
Aspartic acid	g	2.602			2.212	5.776	11.803
Glutamic acid	g	2.272			1.931	5.044	10.306
Glycine	g	1.652			1.404	3.667	7.493
Proline	g						
Serine	g						

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, SPLEEN, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	77.20	0.864	8	21.89	87.24	350.18
Food energy	*kcal*	105			30	119	477
	kJ	440			125	497	1,997
Protein (N x 6.25)	*g*	18.30	0.856	5	5.19	20.68	83.01
Total lipid (fat)	*g*	3.00	0.548	7	0.85	3.39	13.61
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	1.38	0.020	5	0.39	1.56	6.26
Minerals:							
Calcium	*mg*	9		1	2	10	39
Iron	*mg*	44.55	7.345	2	12.63	50.34	202.06
Magnesium	*mg*	22		1	6	24	98
Phosphorus	*mg*	296		1	84	334	1,343
Potassium	*mg*	429	9.000	2	122	485	1,946
Sodium	*mg*	85		1	24	97	387
Zinc	*mg*	2.11	0.152	22	0.60	2.38	9.55
Copper	*mg*	0.168	0.008	2	0.048	0.190	0.762
Manganese	*mg*	0.073		1	0.021	0.082	0.331
Vitamins:							
Ascorbic acid	*mg*	45.5	1.297	5	12.9	51.4	206.4
Thiamin	*mg*	0.050		1	0.014	0.057	0.227
Riboflavin	*mg*	0.370		1	0.105	0.418	1.678
Niacin	*mg*	8.400		1	2.381	9.492	38.102
Pantothenic acid	*mg*						
Vitamin B-6	*mg*	0.07		1	0.02	0.07	0.30
Folate	*mcg*						
Vitamin B-12	*mcg*	5.68	0.586	3	1.61	6.42	25.78
Vitamin A	*RE*	0	0.000	3	0	0	0
	IU	0	0.000	3	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	*g*						
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*						
14:0	*g*						
16:0	*g*						
18:0	*g*						
Monounsaturated, total	*g*						
16:1	*g*						
18:1	*g*						
20:1	*g*						
22:1	*g*						
Polyunsaturated, total	*g*						
18:2	*g*						
18:3	*g*						
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	263		1	75	298	1,195
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.190		4	0.054	0.215	0.862
Threonine	*g*	0.720		3	0.204	0.814	3.266
Isoleucine	*g*	0.706		3	0.200	0.798	3.202
Leucine	*g*	1.616		3	0.458	1.826	7.330
Lysine	*g*	1.323		3	0.375	1.495	6.001
Methionine	*g*	0.337		3	0.096	0.381	1.529
Cystine	*g*	0.530		1	0.150	0.599	2.404
Phenylalanine	*g*	0.735		3	0.208	0.831	3.334
Tyrosine	*g*	0.521		2	0.148	0.589	2.363
Valine	*g*	1.101		3	0.312	1.244	4.994
Arginine	*g*	1.060		2	0.301	1.198	4.808
Histidine	*g*	0.656		2	0.186	0.741	2.976
Alanine	*g*	1.417		1	0.402	1.601	6.428
Aspartic acid	*g*	1.291		1	0.366	1.459	5.856
Glutamic acid	*g*	1.672		1	0.474	1.889	7.584
Glycine	*g*	1.107		1	0.314	1.251	5.021
Proline	*g*	1.107		1	0.314	1.251	5.021
Serine	*g*	0.632		1	0.179	0.714	2.867

BEEF, SPLEEN, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 308 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	69.96	0.718	4	59.48	215.54	317.41
Food energy	kcal	145			123	447	658
	kJ	607			516	1,870	2,753
Protein (N x 6.25)	g	25.10	0.346	3	21.34	77.31	113.85
Total lipid (fat)	g	4.20	0.289	3	3.57	12.94	19.05
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.60	0.058	3	1.36	4.93	7.26
Minerals:							
Calcium	mg	12			10	37	54
Iron	mg	39.36			33.46	121.23	178.55
Magnesium	mg	19			16	59	86
Phosphorus	mg	305			259	939	1,384
Potassium	mg	284			242	875	1,290
Sodium	mg	57			48	176	257
Zinc	mg	2.79			2.37	8.59	12.66
Copper	mg	0.924			0.785	2.846	4.191
Manganese	mg	0.075			0.064	0.231	0.340
Vitamins:							
Ascorbic acid	mg	50.3			42.7	154.9	228.0
Thiamin	mg	0.048			0.041	0.148	0.218
Riboflavin	mg	0.300			0.254	0.924	1.356
Niacin	mg	5.567			4.732	17.146	25.252
Pantothenic acid	mg						
Vitamin B-6	mg	0.04			0.04	0.12	0.20
Folate	mcg						
Vitamin B-12	mcg	5.02			4.27	15.46	22.78
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	347			295	1069	1,573
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.261			0.222	0.804	1.184
Threonine	g	0.988			0.840	3.043	4.482
Isoleucine	g	0.968			0.823	2.981	4.391
Leucine	g	2.217			1.884	6.828	10.056
Lysine	g	1.815			1.543	5.590	8.233
Methionine	g	0.462			0.393	1.423	2.096
Cystine	g	0.727			0.618	2.239	3.298
Phenylalanine	g	1.008			0.857	3.105	4.572
Tyrosine	g	0.715			0.608	2.202	3.243
Valine	g	1.510			1.284	4.651	6.849
Arginine	g	1.454			1.236	4.478	6.595
Histidine	g	0.900			0.765	2.772	4.082
Alanine	g	1.944			1.652	5.988	8.818
Aspartic acid	g	1.771			1.505	5.452	8.033
Glutamic acid	g	2.293			1.949	7.062	10.401
Glycine	g	1.518			1.290	4.675	6.886
Proline	g	1.518			1.290	4.675	6.886
Serine	g	0.867			0.737	2.670	3.933

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, SUET, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	4.00		1	1.13	4.52	18.14
Food energy	kcal	854			242	965	3.875
	kJ	3.574			1.013	4.039	16.213
Protein (N x 6.25)	g	1.50		1	0.43	1.70	6.80
Total lipid (fat)	g	94.00		1	26.65	106.22	426.38
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.10		1	0.03	0.11	0.45
Minerals:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	16	0.019	7	5	18	73
Sodium	mg						
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg						
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	52.30			14.83	59.10	237.22
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.07	0.000	2	0.02	0.08	0.32
14:0	g	2.80	0.086	36	0.79	3.17	12.71
16:0	g	22.57	0.414	42	6.40	25.50	102.37
18:0	g	24.68	0.818	42	7.00	27.89	111.95
Monounsaturated, total	g	31.52			8.94	35.62	142.99
16:1	g	2.18	0.109	36	0.62	2.46	9.87
18:1	g	28.86	0.700	42	8.18	32.61	130.92
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.17			0.90	3.59	14.39
18:2	g	2.15	0.234	40	0.61	2.43	9.74
18:3	g	0.86	0.092	31	0.24	0.97	3.89
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	68	2.168	5	19	77	308
Phytosterols	mg						
Amino acids:							
Tryptophan	g						
Threonine	g	0.041			0.012	0.046	0.186
Isoleucine	g	0.029			0.008	0.033	0.132
Leucine	g	0.084			0.024	0.095	0.381
Lysine	g	0.073			0.021	0.082	0.331
Methionine	g	0.019			0.005	0.021	0.086
Cystine	g						
Phenylalanine	g	0.051			0.014	0.058	0.231
Tyrosine	g	0.030			0.009	0.034	0.136
Valine	g	0.054			0.015	0.061	0.245
Arginine	g	0.095			0.027	0.107	0.431
Histidine	g	0.021			0.006	0.024	0.095
Alanine	g	0.137			0.039	0.155	0.621
Aspartic acid	g	0.105			0.030	0.119	0.476
Glutamic acid	g	0.195			0.055	0.220	0.885
Glycine	g	0.252			0.071	0.285	1.143
Proline	g						
Serine	g	0.059			0.017	0.067	0.268

BEEF, TALLOW

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 tbsp = 12.8 g	1 c = 205 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	*g*	0.00			0.00	0.00	0.00
Food energy	*kcal*	902			115	1,849	4,091
	kJ	3,774			483	7,737	17,119
Protein (N x 6.25)	*g*	0.00			0.00	0.00	0.00
Total lipid (fat)	*g*	100.00			12.80	205.00	453.60
Carbohydrate, total	*g*	0.00			0.00	0.00	0.00
Crude fiber	*g*	0.00			0.00	0.00	0.00
Ash	*g*	0.00			0.00	0.00	0.00
Minerals:							
Calcium	*mg*						
Iron	*mg*						
Magnesium	*mg*						
Phosphorus	*mg*						
Potassium	*mg*	0		1	0	0	0
Sodium	*mg*	0		1	0	0	0
Zinc	*mg*						
Copper	*mg*						
Manganese	*mg*						
Vitamins:							
Ascorbic acid	*mg*						
Thiamin	*mg*						
Riboflavin	*mg*						
Niacin	*mg*						
Pantothenic acid	*mg*						
Vitamin B-6	*mg*						
Folate	*mcg*						
Vitamin B-12	*mcg*						
Vitamin A	*RE*						
	IU						
Lipids:							
Fatty acids							
Saturated, total	*g*	49.80			6.37	102.09	225.89
4:0	*g*						
6:0	*g*						
8:0	*g*						
10:0	*g*						
12:0	*g*	0.90	0.500	5	0.12	1.85	4.08
14:0	*g*	3.70	0.400	14	0.47	7.59	16.78
16:0	*g*	24.90	0.800	15	3.19	51.05	112.95
18:0	*g*	18.90	0.900	15	2.42	38.75	85.73
Monounsaturated, total	*g*	41.80			5.35	85.69	189.60
16:1	*g*	4.20	0.600	15	0.54	8.61	19.05
18:1	*g*	36.00	1.300	15	4.61	73.80	163.30
20:1	*g*	0.30	0.100	4	0.04	0.62	1.36
22:1	*g*						
Polyunsaturated, total	*g*	4.00			0.51	8.20	18.14
18:2	*g*	3.10	0.500	15	0.40	6.36	14.06
18:3	*g*	0.60	0.200	9	0.08	1.23	2.72
18:4	*g*						
20:4	*g*						
20:5	*g*						
22:5	*g*						
22:6	*g*						
Cholesterol	*mg*	109			14	223	494
Phytosterols	*mg*						
Amino acids:							
Tryptophan	*g*	0.000			0.000	0.000	0.000
Threonine	*g*	0.000			0.000	0.000	0.000
Isoleucine	*g*	0.000			0.000	0.000	0.000
Leucine	*g*	0.000			0.000	0.000	0.000
Lysine	*g*	0.000			0.000	0.000	0.000
Methionine	*g*	0.000			0.000	0.000	0.000
Cystine	*g*	0.000			0.000	0.000	0.000
Phenylalanine	*g*	0.000			0.000	0.000	0.000
Tyrosine	*g*	0.000			0.000	0.000	0.000
Valine	*g*	0.000			0.000	0.000	0.000
Arginine	*g*	0.000			0.000	0.000	0.000
Histidine	*g*	0.000			0.000	0.000	0.000
Alanine	*g*	0.000			0.000	0.000	0.000
Aspartic acid	*g*	0.000			0.000	0.000	0.000
Glutamic acid	*g*	0.000			0.000	0.000	0.000
Glycine	*g*	0.000			0.000	0.000	0.000
Proline	*g*	0.000			0.000	0.000	0.000
Serine	*g*	0.000			0.000	0.000	0.000

BEEF, THYMUS, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	67.80	0.756	4	19.22	76.61	307.54
Food energy	kcal	236			67	266	1,069
	kJ	986			279	1,114	4,471
Protein (N x 6.25)	g	12.18	1.262	5	3.45	13.76	55.25
Total lipid (fat)	g	20.35	1.486	4	5.77	23.00	92.31
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.38	0.085	4	0.39	1.55	6.24
Minerals:							
Calcium	mg						
Iron	mg	2.10	0.289	3	0.60	2.37	9.53
Magnesium	mg						
Phosphorus	mg	393		1	111	444	1,783
Potassium	mg	360		1	102	407	1,633
Sodium	mg	96		1	27	108	435
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	34.0	1.476	5	9.6	38.4	154.2
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	2.13	0.060	3	0.60	2.41	9.66
Vitamin A	RE	0	0.000	3	0	0	0
	IU	0	0.000	3	0	0	0
Lipids:							
Fatty acids							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	223		1	63	252	1,012
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.094		2	0.027	0.106	0.426
Threonine	g	0.440		1	0.125	0.497	1.996
Isoleucine	g	0.415		1	0.118	0.469	1.882
Leucine	g	0.813		1	0.230	0.919	3.688
Lysine	g	1.013		1	0.287	1.145	4.595
Methionine	g	0.170		1	0.048	0.192	0.771
Cystine	g						
Phenylalanine	g	0.349		1	0.099	0.394	1.583
Tyrosine	g						
Valine	g	0.528		1	0.150	0.597	2.395
Arginine	g	0.803		1	0.228	0.907	3.642
Histidine	g	0.214		1	0.061	0.242	0.971
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

BEEF, THYMUS, Cooked, braised

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 381 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	52.83	3.015	4	44.90	201.26	239.61
Food energy	kcal	319			271	1,214	1,445
	kJ	1,333			1,133	5,078	6,046
Protein (N x 6.25)	g	21.85	1.436	4	18.57	83.25	99.11
Total lipid (fat)	g	24.98	7.172	4	21.23	95.15	113.29
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	1.53	0.085	4	1.30	5.81	6.92
Minerals:							
Calcium	mg						
Iron	mg	1.49			1.27	5.69	6.77
Magnesium	mg						
Phosphorus	mg	364		1	309	1,387	1,651
Potassium	mg	433		1	368	1,650	1,964
Sodium	mg	116		1	99	442	526
Zinc	mg						
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	30.2			25.7	115.1	137.0
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg						
Vitamin B-12	mcg	1.51			1.29	5.77	6.87
Vitamin A	RE	0			0	0	0
	IU	0			0	0	0
Lipids:							
Fatty acids							
Saturated, total	g						
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g						
18:0	g						
Monounsaturated, total	g						
16:1	g						
18:1	g						
20:1	g						
22:1	g						
Polyunsaturated, total	g						
18:2	g						
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	294			250	1,119	1.332
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.168			0.143	0.640	0.762
Threonine	g	0.790			0.672	3.010	3.583
Isoleucine	g	0.745			0.633	2.838	3.379
Leucine	g	1.458			1.239	5.555	6.613
Lysine	g	1.818			1.545	6.927	8.246
Methionine	g	0.304			0.258	1.158	1.379
Cystine	g						
Phenylalanine	g	0.626			0.532	2.385	2.840
Tyrosine	g						
Valine	g	0.947			0.805	3.608	4.296
Arginine	g	1.440			1.224	5.486	6.532
Histidine	g	0.385			0.327	1.467	1.746
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TONGUE, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: Cartilage and connective tissue 16%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	64.53	1.057	22	18.29	72.92	245.86
Food energy	kcal	224			63	252	853
	kJ	937			266	1,058	3,569
Protein (N x 6.25)	g	14.90	0.437	19	4.22	16.84	56.77
Total lipid (fat)	g	16.09	1.304	11	4.56	18.18	61.30
Carbohydrate, total	g	3.68			1.04	4.15	14.02
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.80	0.006	5	0.23	0.90	3.05
Minerals:							
Calcium	mg	6		1	2	7	23
Iron	mg	2.95	0.296	4	0.84	3.34	11.25
Magnesium	mg	16		1	4	18	60
Phosphorus	mg	133		1	38	150	507
Potassium	mg	315	65.500	2	89	355	1,198
Sodium	mg	69		1	20	78	263
Zinc	mg	2.87		1	0.81	3.24	10.93
Copper	mg	0.170		1	0.048	0.192	0.648
Manganese	mg	0.026		1	0.007	0.029	0.099
Vitamins:							
Ascorbic acid	mg	3.1	0.212	6	0.9	3.5	11.9
Thiamin	mg	0.125	0.035	2	0.035	0.141	0.476
Riboflavin	mg	0.340		1	0.096	0.384	1.295
Niacin	mg	4.240		1	1.202	4.791	16.154
Pantothenic acid	mg	0.653	0.041	3	0.185	0.738	2.488
Vitamin B-6	mg	0.31	0.022	2	0.09	0.35	1.18
Folate	mcg	7		1	2	8	26
Vitamin B-12	mcg	3.79	2.010	2	1.07	4.28	14.44
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	6.89			1.95	7.78	26.24
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.57	0.038	4	0.16	0.64	2.17
16:0	g	4.22	0.198	4	1.20	4.77	16.07
18:0	g	2.10	0.477	4	0.59	2.37	7.99
Monounsaturated, total	g	7.36			2.09	8.31	28.03
16:1	g	0.55	0.036	4	0.16	0.62	2.09
18:1	g	6.55	0.318	4	1.86	7.40	24.94
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.90			0.25	1.01	3.41
18:2	g	0.58	0.042	4	0.16	0.66	2.21
18:3	g	0.00		1	0.00	0.00	0.00
18:4	g						
20:4	g	0.31	0.077	3	0.09	0.35	1.20
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	87		1	25	98	330
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.114		4	0.032	0.129	0.434
Threonine	g	0.648		4	0.184	0.732	2.469
Isoleucine	g	0.641		4	0.182	0.724	2.442
Leucine	g	1.113		4	0.316	1.258	4.241
Lysine	g	1.149		4	0.326	1.298	4.378
Methionine	g	0.315		4	0.089	0.356	1.200
Cystine	g	0.195		4	0.055	0.220	0.743
Phenylalanine	g	0.615		4	0.174	0.695	2.343
Tyrosine	g	0.482		4	0.137	0.545	1.836
Valine	g	0.713		4	0.202	0.806	2.717
Arginine	g	0.949		4	0.269	1.072	3.616
Histidine	g	0.386		4	0.109	0.436	1.471
Alanine	g	0.858		4	0.243	0.970	3.269
Aspartic acid	g	1.361		4	0.386	1.538	5.185
Glutamic acid	g	2.053		4	0.582	2.320	7.822
Glycine	g	0.894		4	0.253	1.010	3.406
Proline	g	0.696		4	0.197	0.786	2.652
Serine	g	0.601		4	0.170	0.679	2.290

BEEF, TONGUE, Cooked, simmered

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz= 85 g	1 lb raw yields 259 g[1]	Refuse: Skin and connective tissue 24%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	56.05	0.507	4	47.64	145.17	193.20
Food energy	kcal	283			241	732	975
	kJ	1,185			1,107	3,069	4,085
Protein (N x 6.25)	g	22.11	0.538	4	18.80	57.27	76.22
Total lipid (fat)	g	20.74	1.441	4	17.63	53.72	71.49
Carbohydrate, total	g	0.33			0.28	0.85	1.14
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.77	0.054	4	0.65	1.98	2.64
Minerals:							
Calcium	mg	7		1	6	19	25
Iron	mg	3.39		1	2.88	8.78	11.69
Magnesium	mg	17		1	14	43	58
Phosphorus	mg	142		1	121	368	489
Potassium	mg	180		1	153	466	620
Sodium	mg	60		1	51	155	207
Zinc	mg	4.80		1	4.08	12.43	16.55
Copper	mg	0.220		1	0.187	0.570	0.758
Manganese	mg	0.026		1	0.022	0.067	0.090
Vitamins:							
Ascorbic acid	mg	0.5		1	0.4	1.2	1.6
Thiamin	mg	0.030		1	0.026	0.078	0.103
Riboflavin	mg	0.350		1	0.298	0.907	1.206
Niacin	mg	2.150		1	1.828	5.569	7.411
Pantothenic acid	mg	0.520		1	0.442	1.347	1.792
Vitamin B-6	mg	0.16		1	0.14	0.41	0.55
Folate	mcg	5		1	4	12	17
Vitamin B-12	mcg	5.90		1	5.02	15.28	20.34
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	8.93			7.59	23.14	30.80
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.84	0.001	2	0.71	2.16	2.88
16:0	g	5.91	0.000	2	5.02	15.31	20.37
18:0	g	2.19	0.004	2	1.86	5.67	7.55
Monounsaturated, total	g	9.47			8.05	24.54	32.65
16:1	g	0.64	0.001	2	0.54	1.65	2.20
18:1	g	8.84	0.017	2	7.51	22.89	30.46
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.78			0.66	2.01	2.67
18:2	g	0.58	0.001	2	0.49	1.49	1.99
18:3	g	0.00	0.000		0.00	0.00	0.00
18:4	g						
20:4	g	0.20	0.001	2	0.17	0.52	0.69
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	107			91	278	369
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.170			0.145	0.440	0.586
Threonine	g	0.962			0.818	2.492	3.316
Isoleucine	g	0.952			0.809	2.466	3.282
Leucine	g	1.652			1.404	4.279	5.694
Lysine	g	1.705			1.449	4.416	5.877
Methionine	g	0.467			0.397	1.210	1.610
Cystine	g	0.290			0.247	0.751	1.000
Phenylalanine	g	0.913			0.776	2.365	3.147
Tyrosine	g	0.715			0.608	1.852	2.465
Valine	g	1.058			0.899	2.740	3.647
Arginine	g	1.408			1.197	3.647	4.853
Histidine	g	0.573			0.487	1.484	1.975
Alanine	g	1.274			1.083	3.300	4.391
Aspartic acid	g	2.020			1.717	5.232	6.963
Glutamic acid	g	3.046			2.589	7.889	10.500
Glycine	g	1.327			1.128	3.437	4.574
Proline	g	1.033			0.878	2.675	3.561
Serine	g	0.892			0.758	2.310	3.075

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[1] Raw weight includes refuse; cooked weight excludes refuse.

BEEF, TRIPE, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 oz = 28.35 g	4 oz = 113 g	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	81.43	1.674	6	23.08	92.02	369.38
Food energy	kcal	98			28	111	444
	kJ	409			116	462	1,856
Protein (N x 6.25)	g	14.56	1.064	11	4.13	16.46	66.06
Total lipid (fat)	g	3.95	1.201	6	1.12	4.46	17.92
Carbohydrate, total	g	0.00			0.00	0.00	0.00
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	0.38	0.025	4	0.11	0.42	1.70
Minerals:							
Calcium	mg						
Iron	mg	1.95	0.754	4	0.55	2.20	8.85
Magnesium	mg	8			2	9	36
Phosphorus	mg	79		1	22	89	358
Potassium	mg	270		1	77	305	1,225
Sodium	mg	46			13	52	209
Zinc	mg	2.47	0.144	10	0.70	2.79	11.20
Copper	mg	0.090			0.026	0.102	0.408
Manganese	mg						
Vitamins:							
Ascorbic acid	mg	3.4	0.402	5	1.0	3.8	15.4
Thiamin	mg	0.007	0.003	6	0.002	0.008	0.032
Riboflavin	mg	0.167	0.067	3	0.047	0.189	0.758
Niacin	mg	0.060			0.017	0.068	0.272
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	mcg	2			1	2	9
Vitamin B-12	mcg	1.54		1	0.44	1.74	6.99
Vitamin A	RE	0			0	0	0
	IU	0		1	0	0	0
Lipids:							
Fatty acids:							
Saturated, total	g	2.03			0.58	2.30	9.23
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.10			0.03	0.11	0.44
16:0	g	0.81			0.23	0.91	3.67
18:0	g	1.05			0.30	1.19	4.78
Monounsaturated, total	g	1.31			0.37	1.48	5.95
16:1	g	0.08			0.02	0.09	0.34
18:1	g	1.15			0.33	1.30	5.22
20:1	g	0.00			0.00	0.00	0.00
22:1	g						
Polyunsaturated, total	g	0.07			0.02	0.08	0.33
18:2	g	0.05			0.01	0.06	0.24
18:3	g	0.02			0.01	0.02	0.10
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	95		1	27	107	431
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.114		5	0.032	0.129	0.517
Threonine	g	0.503		7	0.143	0.568	2.282
Isoleucine	g	0.589		6	0.167	0.666	2.672
Leucine	g	0.948		6	0.269	1.071	4.300
Lysine	g	1.044		7	0.296	1.180	4.736
Methionine	g	0.315		9	0.089	0.356	1.429
Cystine	g	0.168		4	0.048	0.190	0.762
Phenylalanine	g	0.471		8	0.134	0.532	2.136
Tyrosine	g	0.396		7	0.112	0.447	1.796
Valine	g	0.613		6	0.174	0.693	2.781
Arginine	g	0.995		6	0.282	1.124	4.513
Histidine	g	0.363		5	0.103	0.410	1.647
Alanine	g	0.925		3	0.262	1.045	4.196
Aspartic acid	g	1.128		3	0.320	1.275	5.117
Glutamic acid	g	1.946		3	0.552	2.199	8.827
Glycine	g	1.191		3	0.338	1.346	5.402
Proline	g	1.160		4	0.329	1.311	5.262
Serine	g	0.669		3	0.190	0.756	3.035

BEEF, CURED BREAKFAST STRIPS, Raw or unheated

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 pkg, net wt, 12 oz = 340 g	3 slices = 68 g[1]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	45.20	0.405	22	153.68	30.74	205.03
Food energy	kcal	406			1,381	276	1,842
	kJ	1,699			5,776	1,155	7,706
Protein (N x 6.25)	g	12.50	0.107	22	42.50	8.50	56.70
Total lipid (fat)	g	38.80	0.362	22	131.92	26.38	176.00
Carbohydrate, total	g	0.70			2.38	0.48	3.18
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.80	0.021	22	9.52	1.90	12.70
Minerals:							
Calcium	mg						
Iron	mg	1.23	0.055	22	4.18	0.84	5.58
Magnesium	mg	11	0.256	22	37	7	50
Phosphorus	mg	100	2.558	22	340	68	454
Potassium	mg	153	6.822	22	520	104	694
Sodium	mg	955	14.284	22	3,247	649	4,332
Zinc	mg	2.39	0.066	22	8.13	1.63	10.84
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid[2]	mg	24.0	1.066	22	81.6	16.3	108.9
Thiamin	mg	0.060	0.002	22	0.204	0.041	0.272
Riboflavin	mg	0.120	0.004	22	0.408	0.082	0.544
Niacin	mg	2.970	0.158	22	10.098	2.020	13.472
Pantothenic acid	mg						
Vitamin B-6	mg	0.17	0.008	22	0.58	0.12	0.77
Folate	mcg						
Vitamin B-12	mcg	1.64	0.075	22	5.58	1.12	7.44
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	15.95			54.23	10.85	72.34
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.16	0.024	22	0.54	0.11	0.72
12:0	g	0.11	0.016	22	0.38	0.08	0.50
14:0	g	1.31	0.040	22	4.45	0.89	5.94
16:0	g	8.48	0.136	22	28.84	5.77	38.47
18:0	g	5.03	0.116	22	17.12	3.42	22.83
Monounsaturated, total	g	18.68			63.52	12.70	84.74
16:1	g	2.47	0.053	22	8.40	1.68	11.21
18:1	g	16.21	0.197	22	55.12	11.02	73.53
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.19			7.45	1.49	9.94
18:2	g	1.67	0.146	22	5.68	1.14	7.58
18:3	g	0.52	0.065	22	1.77	0.35	2.36
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	82	2.558	22	279	56	372
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.114			0.388	0.078	0.517
Threonine	g	0.472			1.605	0.321	2.141
Isoleucine	g	0.540			1.836	0.367	2.449
Leucine	g	0.918			3.121	0.624	4.164
Lysine	g	0.958			3.257	0.651	4.345
Methionine	g	0.290			0.986	0.197	1.315
Cystine	g	0.160			0.544	0.109	0.726
Phenylalanine	g	0.450			1.530	0.306	2.041
Tyrosine	g	0.408			1.387	0.277	1.851
Valine	g	0.550			1.870	0.374	2.495
Arginine	g	0.772			2.625	0.525	3.502
Histidine	g	0.398			1.353	0.271	1.805
Alanine	g	0.900			3.060	0.612	4.082
Aspartic acid	g	1.224			4.162	0.832	5.552
Glutamic acid	g	2.036			6.922	1.384	9.235
Glycine	g	1.044			3.550	0.710	4.736
Proline	g	0.900			3.060	0.612	4.082
Serine	g	0.504			1.714	0.343	2.286

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[1] Weight applies to slices packaged 15 slices per 12-oz pkg.

[2] Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BEEF, CURED, BREAKFAST STRIPS, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 slices = 34 g[1]	6 oz = 170 g[2]	Refuse: 0
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	26.20	1.130	22	8.91	44.54	118.84
Food energy	kcal	449			153	764	2,038
	kJ	1,880			639	3,196	8,528
Protein (N x 6.25)	g	31.30	0.853	22	10.64	53.21	141.98
Total lipid (fat)	g	34.40	0.640	22	11.70	58.48	156.04
Carbohydrate, total	g	1.40			0.48	2.38	6.35
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	6.70	0.149	22	2.28	11.39	30.39
Minerals:							
Calcium	mg						
Iron	mg	3.14	0.113	22	1.07	5.34	14.24
Magnesium	mg	27	0.831	22	9	45	120
Phosphorus	mg	236	7.249	22	80	401	1,070
Potassium	mg	412	13.432	22	140	700	1,869
Sodium	mg	2,253	43.919	22	766	3,830	10,220
Zinc	mg	6.37	0.203	22	2.17	10.83	28.89
Copper	mg						
Manganese	mg						
Vitamins:							
Ascorbic acid[3]	mg	36.0	2.772	22	12.2	61.2	163.3
Thiamin	mg	0.090	0.004	22	0.031	0.153	0.408
Riboflavin	mg	0.260	0.013	22	0.088	0.442	1.179
Niacin	mg	6.470	0.179	22	2.200	10.999	29.348
Pantothenic acid	mg						
Vitamin B-6	mg	0.31	0.013	22	0.11	0.53	1.41
Folate	mcg						
Vitamin B-12	mcg	3.45	0.171	22	1.17	5.87	15.65
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	14.35			4.88	24.40	65.10
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.13	0.026	22	0.04	0.22	0.58
12:0	g	0.10	0.017	22	0.03	0.16	0.44
14:0	g	1.22	0.060	22	0.41	2.07	5.52
16:0	g	7.66	0.171	22	2.60	13.02	34.74
18:0	g	4.48	0.171	22	1.52	7.61	20.31
Monounsaturated, total	g	16.85			5.73	28.65	76.43
16:1	g	2.27	0.084	22	0.77	3.86	10.29
18:1	g	14.58	0.206	22	4.96	24.79	66.14
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.58			0.54	2.69	7.17
18:2	g	1.25	0.105	22	0.42	2.12	5.66
18:3	g	0.33	0.041	22	0.11	0.57	1.51
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	119	3.838	22	40	202	540
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.285			0.097	0.485	1.293
Threonine	g	1.182			0.402	2.009	5.362
Isoleucine	g	1.352			0.460	2.298	6.133
Leucine	g	2.299			0.782	3.908	10.428
Lysine	g	2.399			0.816	4.078	10.882
Methionine	g	0.726			0.247	1.234	3.293
Cystine	g	0.401			0.136	0.682	1.819
Phenylalanine	g	1.127			0.383	1.916	5.112
Tyrosine	g	1.022			0.347	1.737	4.636
Valine	g	1.377			0.468	2.341	6.246
Arginine	g	1.933			0.657	3.286	8.768
Histidine	g	0.997			0.339	1.695	4.522
Alanine	g	2.254			0.766	3.832	10.224
Aspartic acid	g	3.065			1.042	5.211	13.903
Glutamic acid	g	5.098			1.733	8.667	23.125
Glycine	g	2.614			0.889	4.444	11.857
Proline	g	2.254			0.766	3.832	10.224
Serine	g	1.262			0.429	2.145	5.724

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[1] Yield from 3 raw slices packaged 15 slices per 12-oz pkg.

[2] Yield from 12 oz (340 g) raw product.

[3] Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BEEF, CURED, CORNED BEEF, BRISKET, Raw

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 1 lb = 453.6 g	1 oz = 28.35 g	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	66.56	0.477	102	301.90	18.87	299.64
Food energy	kcal	198			896	56	890
	kJ	827			3,751	234	3,722
Protein (N x 6.25)	g	14.68	0.185	102	66.58	4.16	66.08
Total lipid (fat)	g	14.90	1.160	18	67.59	4.22	67.08
Carbohydrate, total	g	0.14			0.63	0.04	0.63
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	3.73	0.121	10	16.90	1.06	16.77
Minerals:							
Calcium	mg	7	0.812	6	30	2	30
Iron	mg	1.69	0.056	19	7.66	0.48	7.60
Magnesium	mg	14	0.793	11	66	4	65
Phosphorus	mg	117	9.839	5	531	33	527
Potassium	mg	297	31.236	11	1,348	84	1,338
Sodium	mg	1,217	41.460	19	5,519	345	5,477
Zinc	mg	2.85	0.180	11	12.91	0.81	12.81
Copper	mg	0.110	0.010	6	0.499	0.031	0.495
Manganese	mg	0.020		1	0.091	0.006	0.090
Vitamins:							
Ascorbic acid[1]	mg	27.0	3.578	5	122.5	7.7	121.6
Thiamin	mg	0.043	0.006	13	0.195	0.012	0.194
Riboflavin	mg	0.157	0.009	13	0.712	0.045	0.707
Niacin	mg	3.660	0.353	5	16.602	1.038	16.477
Pantothenic acid	mg	0.570		1	2.586	0.162	2.566
Vitamin B-6	mg	0.29	0.018	5	1.32	0.08	1.31
Folate	mcg						
Vitamin B-12	mcg	1.78	0.273	5	8.07	0.50	8.01
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	4.73			21.44	1.34	21.28
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.02	0.007	5	0.09	0.01	0.09
12:0	g	0.02	0.003	5	0.07	0.00	0.07
14:0	g	0.36	0.044	5	1.64	0.10	1.63
16:0	g	2.74	0.222	5	12.41	0.78	12.32
18:0	g	1.34	0.185	5	6.07	0.38	6.02
Monounsaturated, total	g	7.18			32.57	2.04	32.32
16:1	g	1.10	0.155	5	4.98	0.31	4.94
18:1	g	6.08	0.753	5	27.59	1.72	27.38
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.53			2.42	0.15	2.40
18:2	g	0.38	0.057	5	1.74	0.11	1.72
18:3	g	0.15	0.050	5	0.68	0.04	0.67
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	54	9.921	5	245	15	243
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.134			0.608	0.038	0.603
Threonine	g	0.554			2.513	0.157	2.494
Isoleucine	g	0.634			2.876	0.180	2.854
Leucine	g	1.078			4.890	0.306	4.853
Lysine	g	1.125			5.103	0.319	5.065
Methionine	g	0.341			1.547	0.097	1.535
Cystine	g	0.188			0.853	0.053	0.846
Phenylalanine	g	0.529			2.400	0.150	2.382
Tyrosine	g	0.479			2.173	0.136	2.156
Valine	g	0.646			2.930	0.183	2.908
Arginine	g	0.907			4.114	0.257	4.083
Histidine	g	0.467			2.118	0.132	2.102
Alanine	g	1.057			4.795	0.300	4.759
Aspartic acid	g	1.438			6.523	0.408	6.474
Glutamic acid	g	2.391			10.846	0.678	10.764
Glycine	g	1.226			5.561	0.348	5.519
Proline	g	1.057			4.795	0.300	4.759
Serine	g	0.592			2.685	0.168	2.665

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[1] Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.

BEEF, CURED, CORNED BEEF, BRISKET, Cooked

Nutrients and units		Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
		Mean	Standard error	Number of samples	Approximate measure and weight: 3 oz = 85 g	1 lb raw yields 320 g[1]	Refuse: Connective tissue 1%
(A)		(B)	(C)	(D)	(E)	(F)	(G)
Proximate:							
Water	g	59.79	1.152	40	50.82	191.32	269.29
Food energy	kcal	251			213	802	1,128
	kJ	1,048			891	3,355	4,722
Protein (N x 6.25)	g	18.17	0.558	40	15.44	58.13	81.82
Total lipid (fat)	g	18.98	2.622	13	16.13	60.73	85.47
Carbohydrate, total	g	0.47			0.40	1.50	2.12
Crude fiber	g	0.00			0.00	0.00	0.00
Ash	g	2.60	0.179	5	2.21	8.32	11.71
Minerals:							
Calcium	mg	8			7	25	35
Iron	mg	1.86	0.117	13	1.58	5.94	8.36
Magnesium	mg	12	1.029	5	11	40	56
Phosphorus	mg	125	3.813	13	106	400	563
Potassium	mg	145	21.466	5	123	464	653
Sodium	mg	1,134	49.810	13	964	3,628	5,104
Zinc	mg	4.58	0.259	5	3.89	14.66	20.63
Copper	mg	0.154			0.131	0.493	0.694
Manganese	mg	0.022			0.019	0.070	0.099
Vitamins:							
Ascorbic acid[2]	mg	16.0	0.894	5	13.6	51.2	72.1
Thiamin	mg	0.026	0.004	13	0.022	0.083	0.117
Riboflavin	mg	0.170	0.007	13	0.145	0.544	0.766
Niacin	mg	3.030	0.407	5	2.576	9.696	13.647
Pantothenic acid	mg	0.420	0.013	5	0.357	1.344	1.892
Vitamin B-6	mg	0.23	0.009	5	0.20	0.74	1.04
Folate	mcg						
Vitamin B-12	mcg	1.63	0.188	5	1.39	5.22	7.34
Vitamin A	RE						
	IU						
Lipids:							
Fatty acids:							
Saturated, total	g	6.34			5.39	20.29	28.56
4:0	g						
6:0	g						
8:0	g						
10:0	g	0.04	0.013	5	0.03	0.11	0.16
12:0	g	0.02	0.008	5	0.02	0.06	0.08
14:0	g	0.50	0.102	5	0.43	1.61	2.26
16:0	g	3.69	0.394	5	3.14	11.80	16.62
18:0	g	1.74	0.358	5	1.48	5.57	7.84
Monounsaturated, total	g	9.22			7.83	29.49	41.51
16:1	g	1.44	0.177	5	1.23	4.61	6.49
18:1	g	7.78	0.470	5	6.61	24.88	35.02
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.67			0.57	2.15	3.02
18:2	g	0.54	0.081	5	0.46	1.72	2.42
18:3	g	0.13	0.016	5	0.11	0.43	0.60
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	98	9.839	5	83	314	441
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.166			0.141	0.531	0.748
Threonine	g	0.686			0.583	2.195	3.090
Isoleucine	g	0.785			0.667	2.512	3.536
Leucine	g	1.334			1.134	4.269	6.008
Lysine	g	1.392			1.183	4.454	6.270
Methionine	g	0.421			0.358	1.347	1.896
Cystine	g	0.232			0.197	0.742	1.045
Phenylalanine	g	0.654			0.556	2.093	2.946
Tyrosine	g	0.593			0.504	1.898	2.671
Valine	g	0.799			0.679	2.557	3.599
Arginine	g	1.122			0.954	3.590	5.053
Histidine	g	0.578			0.491	1.850	2.603
Alanine	g	1.308			1.112	4.186	5.891
Aspartic acid	g	1.773			1.511	5.690	8.008
Glutamic acid	g	2.958			2.514	9.466	13.323
Glycine	g	1.517			1.289	4.854	6.833
Proline	g	1.308			1.112	4.186	5.891
Serine	g	0.732			0.622	2.342	3.297

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[1] Raw weight includes refuse; cooked weight excludes refuse.

[2] Values based on data for products containing added sodium ascorbate. Some products may not contain added sodium ascorbate and their ascorbic acid content would be negligible; refer to ingredient listing on label.